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7-DAY TV GUIDE starts page 22

Knitted sheep on festive trail in two villages

Story on page 5

MORGAN'S BIRTHDAY IS EXTRA SPECIAL – PAGE 6

Woman rescued from car in freezing water

'Vicar's worst nightmare'

■ Instead of enjoying the season of goodwill, Reverend John Hardy has been left to reflect on the damage caused when thieves took metal from the roof of St Mary's Church in Newmarket. Full story on page 3.

Picture: Keith Jones 880776

Hero tells how he leapt into river to help after hearing late-night crash into bridge

■ LIZZY BUCHAN

A FEARLESS carpenter leapt into a freezing river to rescue a trapped woman whose car had flipped upside down.

The car had swerved off the road and into a bridge before landing on its roof in the water in Carter Street, Fordham, at around midnight on Saturday.

Gavin Smiley, 33, said he heard the crash outside his house as he was getting ready for bed and when he went outside he saw the car upside down in the river.

He said: "I opened the door and I could see something in the water but it wasn't clear what it was."

Gavin said the car had collided with a parked vehicle and gone into the bridge before turning on its roof in the water.

He added: "She was inside the car banging on the window and screaming."

Gavin, who used to be a retained firefighter, rushed into the river to help the woman who was trapped upside down in the water.

He said: "The river does not normally have a lot of water in it but because we have had a lot of rain so it was a couple of feet deep."

■ Turn to Page 2

DAMAGE: the bridge in Fordham after a woman collided with a parked car and went into the river.

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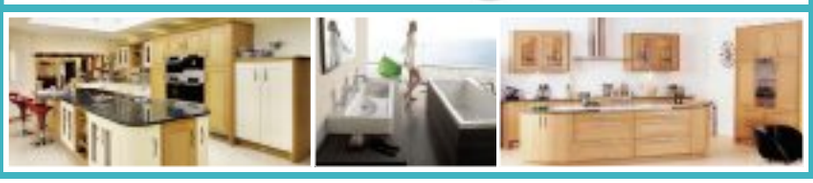

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Smaller centre for community can go ahead

■ LIZZY BUCHAN

PLANS for a new community centre in Mildenhall were given the green light last week.

St John's Community Centre, in St John's Close, will be demolished in favour of a smaller centre as part of plans by developer Orbit Housing to build 20 homes on the site.

The construction of the new community centre will be funded by income from two market rented homes in the development but the centre will remain under the management of current owners Keystone Development Trust.

The application was approved by Forest Heath District Council's development control committee last week.

In the documents before the committee, Forest Heath District Council's housing committee identified a need for affordable housing in the town and the plans will also provide 18 affordable homes – nine two-bedroom, seven three-bedroom and two four-bedroom houses.

Speaking after the meeting, Cllr Andy Drummond, vice-chairman of the committee, said:"The existing community service is past its best, unfortunately, so it is a good idea.

"We went out on a site visit on Monday and the old facilities are now in a bit of state."

Mildenhall Parish Council was in support of the proposals but asked for reassurance the building would be big enough for the community's needs.

Parish and district Cllr Tony Wheble, who represents the Great Heath ward, said the district council did not have the money to improve the centre but this way they could maintain a popular building.

He said: "It's a very central piece of the St John's community."

The new community centre will have a large meeting room which could host functions for up to 50 people and a smaller room for group meetings.

A recommendation from Environmental Health said the new centre should operate between 8am and 10pm as it will be close to three of the houses.

There was a public consultation held by Orbit Housing in November before the application.

No representations from members of the public were received by Forest Heath before the meeting.

HELPING OUT: Lee Williams as Widow Twanky to promote Forest Heath's textile recycling scheme

Widow Twanky joins in with recycling scheme

A PANTOMIME dame pegged out her linen in public to highlight the importance of recycling.

Widow Twanky joined members of West Suffolk's waste team in Market Place, Mildenhall, on Thursday to promote textile recycling in the county.

Since the launch of the scheme in July 2012, more than 320 tonnes of clothes have been recycled in Suffolk.

The scheme is specifically for any clothes that can't be donated to charity shops and will be turned into a range of products such as cleaning cloths or part of car seats.

Cllr Nigel Roman, cabinet member for waste and the environment at Forest Heath District Council, said: "We are delighted with the response and participation of our residents and urge them to continue using this scheme where they cannot donate their old clothes to charities."

All you have to do is fill an official bag with old or worn clothes and place it in your recycling bin on top of loose recyclables.

Everything donated must be clean.

To pick up a replacement bag, please call (01638) 719284.

Hero leapt in river to free driver

■ From Page 1

The water level went just above the door window of the upside down vehicle and water was streaming into the car as the window had smashed on impact.

Gavin said: "It was absolutely freezing, I don't mind admitting it.

"I went around to one side and it was all smashed up so you couldn't see through the glass.

"I managed to open the door for her and helped her out.

"She is lucky as if she was unconscious she would have drowned.

"I am not going to pretend it wasn't scary.

"When I couldn't get in on one side and I could hear screaming and banging I thought 'oh dear, what am I going to do'?"

Modest Gavin added: "It sounds better than it was – I just got into the river and helped her out."

Paramedics were called to the scene just after 12.20am.

A spokesman for the ambulance service said: "The casualty was a woman in her 20s who sustained only minor injuries and was taken to Addenbrooke's as a precaution."

The police have not identified the victim at this point.

A spokeswoman for Suffolk Police said: "We were called by the ambulance service just after 12.30am on December 9.

"It was a single vehicle that had overturned and had gone into the river."

She said there was damage to the bridge from the crash and the Highways Agency cordoned off the bridge until 2.45am to make sure it was safe.

Police are investigating the incident.

RESCUER: Gavin Smiley

Highways contractor selected as best bid

A NEW contractor has been chosen to maintain Suffolk's highways in a move to save £2 million.

Councillors voted unanimously to authorise the award of the contract to Balfour Beatty Living Places at a cabinet meeting of Suffolk County Council yesterday.

It will mean about 200 Suffolk County Council and Ipswich Borough Council staff will be transferred under TUPE rules to the new firm when the contract starts in April.

The announcement comes after a nine-month process in which five contractors were assessed.

Balfour Beatty Living Places will now be responsible for the design and implementation of highway maintenance and improvement works, winter gritting, street lighting, traffic signals and bridge works.

Cabinet also decided to give district and borough councils powers to carry out smaller scale highways functions including grass cutting for highway safety purposes, horticultural and arboricultural services and winter service for town centre pavements. This arrangement comes into effect on April 1.

Cllr Guy McGregor, cabinet member for roads and transport, said: "We are committed to ensuring the best service is delivered to residents, businesses and road users across the county throughout this contract.

"As preferred bidder, Balfour Beatty Living Places is the company which submitted the very best bid both in terms of price and quality.

"It will provide excellent value for money for the residents of Suffolk."

The key objective of the change, which will be in place for at least five years, will be to achieve £2 million or recurring revenue savings in year 2013-14 and to help the council's transport department achieve efficiency savings of 1.5 per cent per year.

The firm will be tasked to improve the availability of information about work on the highway, improve Suffolk's environmental performance and contribute to the local economy through use of local companies, commitment to apprenticeships and action to raise skill levels.

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Vicar hits out after metal thieves target church roof

LIZZY BUCHAN

A VICAR has described the theft of metal from the roof of his church just before Christmas as "every vicar's worst nightmare".

Thieves made off with 20 to 30 ft of lead flashing from the flat roof of St Mary's Church, in Church Lane, Newmarket, between 6pm last Friday and 11.30am on Sunday.

The Reverend John Hardy said the lead was taken from the northern side of the church, facing Rowley Drive, so that area of roof was exposed to the elements for two days.

He said: "It has been temporarily fixed but it leaves a very bad feeling of having your property violated very selfishly and thoughtlessly.

"It is supposed to be a time of seasonal goodwill."

Mr Hardy said the congregation noticed the theft on Sunday morning after they spotted a patch of sky through the roof.

He added: "If it had been raining there would have been some serious leaks.

"Thankfully there has been no internal damage."

The roof has been temporarily fixed by a local builder but St Mary's church is waiting for a quote on how much the damage will cost.

Mr Hardy said: "I wouldn't want to put a price on it at this stage.

"It is expensive and time consuming getting it fixed."

However, he added: "It could have been a great deal worse."

He said the church had been struck by metal thieves 17 years ago and they had hoped it would never happen again.

Mr Hardy said: "It is the recurrence of a nightmare. It is every vicar's nightmare.

"Hopefully it will be fixed by Christmas and then started again but we will take advice about how best to prevent this happening again.

"We feel it is important to warn other churches and other public buildings in the town to be on their guard."

Police targeted scrap metal dealers in Suffolk in a series of action days last week following the introduction of new laws under the Scrap Dealers Act which mean dealers have to be registered with a local authority and cash can no longer be paid for scrap metal.

Det Chief Insp Steve Mattin said: "The results from the action days send out a strong message that the theft and sale of scrap metal will not be tolerated and we will use our powers to deal with those committing offences robustly."

Anyone with information should call police on 101 or Crimestoppers on 0800 555 111.

NIGHTMARE: Rev John Hardy outside St Mary's Church in Newmarket Picture: Keith Jones 880778

» in Brief

Festive wreaths taken from homes

CALLOUS thieves have stolen Christmas decorations from homes in Newmarket.

Two homes were targeted in Drinkwater Close over the weekend where Christmas wreaths were wrenched from the front doors.

A police spokesman said: "The latest incident was overnight between Sunday and Monday where there was a report of a Christmas wreath being stolen from someone's front door."

The other theft happened just before 8.30pm last Saturday night where a wreath was also snatched.

Anyone with information about the incidents should contact police on 101.

Power tool thieves steal from van

POWER tools have been stolen from a van in a night time break-in.

The Ford Transit van was broken into between 8pm on December 4 and 8am on December 8 while parked in Paddocks Drive, in Newmarket.

A Dewalt radio, one Bosch drill, five Makita drills, a Makita jigsaw and 12 Makita batteries were stolen from the van. Anyone with information should call police on 101.

Woman released from car after crash

A WOMAN was cut free from her car after a two-vehicle crash.

The victim was taken to hospital after the roof of her car was removed, following the accident in Eriswell Road, Holywell Row, shortly after 9.15am on Monday.

Kaiser Chiefs sign up for summer evening concert at racecourse

INDIE rockers the Kaiser Chiefs are the first act to be announced for next year's Newmarket Nights.

The band will follow in the footsteps of stars such as Tom Jones and Madness by bringing their unique sound to the July Course on August 2.

The Leeds-based rockers are preparing to take East Anglia by storm on their 2013 UK tour, including a sell-out gig at the Cambridge Corn Exchange in February.

Amy Starkey, regional director of Jockey Club Racecourses, said: "Adnams Newmarket Nights are an institution in British music and sport.

"The Kaiser Chiefs are a fantastic booking for us and we know that many thousands of their fans will be keen to snap up tickets for the big night on Friday, August 2."

More than 100,000 people rocked out at Adnams Newmarket Nights last year and the 27th season is looking better than ever.

There will be six other concerts on the July Course on the Friday evenings throughout the summer – June 21 and 28, July 19 and 26 and August 9 and 16 – and the top secret line-up will be announced in coming weeks and months.

Tickets cost £45 for the Premier Enclosure, £38 for the Grandstand and Paddocks and £26 for the Family enclosure.

Children under 17 are priced at £18.00, £17.00 and £12.00 for the respective areas.

All children under 16 must be accompanied by an adult. Parking is free.

Early birds can enjoy a 15 per cent discount on advance adult tickets for a limited time, which are only available online.

To buy tickets call 0844 579 3010 or go to *www.newmarketracecourses.co.uk*.

RACE DATE: Kaiser Chiefs will play on August 2. CP

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» in Brief

Get 2013 off to a fun beginning

START the new year with a bang by getting involved in fun activities.

Residents are invited to discover more about groups, clubs and teams in the village at the 'Red Lodge @ Large' event on January 20 at the Millennium Centre, in Lavender Close.

Group leaders will be there from 2pm to 6pm to answer any questions.

For more information call the Millennium Centre on (01638) 750760.

Sat nav is stolen from parked car

A SAT nav has been stolen from a parked car in Exning.

A Ford Focus car was broken into whilst parked in Laceys Lane between 8pm on Monday, December 3 and 8am the following day. Anyone with information should call police on 101.

Church set to host Christingle event

PEOPLE of all ages are welcome at a Christingle service.

St John's Church, in Beck Row, will host the special service on Sunday, December 16 at 3pm.

Come and learn how a Christingle is made and its significance to the Christmas story.

ON YOUR MARKS: Sainsbury's Mildenhall colleagues Mary Westhead and Geogia Lau. CP

Store's sports boost

GENEROUS shoppers have donated more than £1,500 of sports equipment for children in the county.

Sainsbury's, in Mildenhall, have been involved in the Active Kids campaign since 2005 where customers donated £1,713.19 worth of equipment to a school or group of their choice

John Smith, manager of Sainsbury's, said: "Our customers have been so supportive of the scheme since its launch in 2005 and we're looking forward to going out over the next few weeks and seeing how this year's equipment will benefit children, teachers and leaders."

He thanked everyone who had been involved with the scheme.

For more information visit *www.sainsburys.co.uk/activekids.*

■ **Father Christmas will be meeting children at a festive event at Sainsbury's Mildenhall.**

The store is hosting an all day Christmas event with a chocolate tombola and the chance to win a family festive hamper on Saturday.

All the money raised will go to St Nicholas Hospice Care charity.

Housing group wins bid to help alcohol addicts

■ **LEANNE EHREN**

RECOVERING addicts will benefit from specialist housing support to help them remain abstinent in the new year.

Genesis Housing Association has been awarded the contract to provide the Supporting Treatment, Accommodation and Recovery in Suffolk service (STARS).

The STARS service is being created by the drug and alcohol action (DAAT) team to provide intensive support for those recovering from substance misuse as well as rented accommodation.

Genesis Housing Association will provide individually tailored support, in order to assist people in their recovery from substance misuse, reducing offending behaviour and levels of associated crime.

Recovering addicts will also be helped to access voluntary work placements and education and training opportunities relevant for future employment and will develop their own recovery plan to live independently.

Cllr Colin Noble, Suffolk County Council's cabinet member for health and adult care, said: "I am very pleased that the county council will be working closely with Genesis Housing Association to provide the STARS service.

"Homelessness or living near to dealers and previous associates will naturally have a detrimental effect on their drive to become abstinent and this service seeks to address this issue.

"Helping these vulnerable members of society become more independent and remain abstinent is vitally important, and I am confident that the STARS service will go a long way to supporting people to make that positive lifestyle change."

Lawrence Santcross, deputy director of supported housing for Genesis, added: "We're delighted that after successfully completing the pilot scheme for Suffolk DAAT, this important work will continue.

"The service provides people with accommodation and we also work with a range of other organisations to provide a tailored package of support.

"That might mean referring someone to training and employment opportunities to help them to get back into work, or it might mean equipping people with valuable skills such as managing their finances.

"We provide people with the tools to live independently and make a positive contribution to their community."

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Newmarket News

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New venue for Third Age Trust branch

THIRTY years ago, in March 1982, the U3A held its first meeting. Now there are 840 local groups with nearly 275,000.

The Third Age Trust is a limited company and a registered charity. Here in Newmarket, our branch has been running for 15 years.

Newmarket Middle School has had to close and, therefore, our usual meeting room at the Upper School has had to be, sadly, withdrawn.

We apologise for the disruption this has caused to all in the last couple of months.

The committee have all endeavoured to find alternative venues to suit the majority but we give great thanks to our outgoing secretary Sue Johnson for working so hard and coming up with our super new venue.

This is in the St John Ambulance building at the rear of the Newmarket Hospital. Rooms are light and airy with a great kitchen and toilet facilities. Access to the building for the disabled is good.

We have maintained group meeting days as far as possible but some have had to change to fit with other users.

The major change – the monthly speakers meeting – will be the last Monday, not Friday, of the month.

Thank you to the group leaders for accommodating changes to the start of January 2013.

Anyone over 55 can join our association. New members are always welcomed, and new group leaders for new subjects. See *www.u3asites.org.uk/ Newmarket.*

Enid Walpole, U3A Secretary.

ISLEHAM: the St Andrew's Church charity event was recently held in the church's social centre for orphanages and care homes in India.

The ladies who organised the fundraising morning sincerely thank everyone who donated items for the different stalls, raffle, tombola etc. Also people who manned the stalls, not forgetting the visitors who so generously supported this worthwhile charity and the team of ladies involved with the organisation of the event.

Gillian Ely, sister-in-law of Mary Wightman, plans to return to Gwalior, India, in 2013 to care for disabled babies, orphans, adults and children, and with her volunteer colleagues, to continue their valuable work as medics and care workers. Needless to say, funds are always needed as there is no government aid. Gillian and her team are doing a wonderful job. The grand sum of £340 was raised for the above charity – well done to all involved in the events. Very much appreciated by the team who organised the coffee morning – a great help in the work undertaken in Gwalior.

SOHAM: On Monday, November 26, Liz Gwinnett was the leader for the Heartbeat Health Walkers with David Clarke and Laurie Budd at the back. Following the walk of about three miles around the estates they stopped for refreshment at A-taska, Sauceymegabites or the Ship. Twelve of the walkers enjoyed a three-course lunch at the Ship organised by the landlord, Josh Schumann.

■ Ruth Ginn welcomed everyone to the Over 60s club meeting on Friday, November 30. Ruth introduced Toby Meadows and his assistants Jill Jugg and Ann Edwards. Toby started his demonstration with some beautiful Christmas arrangements.

Jill and Ann made Christmas and table decorations. Jill demonstrated cake decorating and Ann crystalline fruit and napkin decorating.

Toby brought the afternoon to a close with the singing of *The Twelve Days of Christmas,* encouraging the members to join in for a singalong. Ruth thanked Toby and his helpers for a lovely afternoon.

Toby organised a raffle of the Christmas arrangements and many other items and Vera Seal did the main draw. Tea and biscuits were served and the meeting was brought to a close with the singing of the club hymn.

» in Brief

Head back for Cavalier time

TAKE a trip back to the reign of Charles I with a festive event.

Kings Coffee House, in Kingston Passage, is hosting A Cavalier Christmas tomorrow with a talk by local historian John Sutton, who will appear in the garb of Charles I.

Artists Jacqui Jones will be offering speed portraits for £25 each.

The event will last from 3pm to 5pm. Tickets cost £3.50 and are available on the door or beforehand from Kings Coffee House.

For more information call (01638) 660 668.

Discounts for early bookings

SAVE money by snapping up early bird tickets for a glamorous ball.

The Newmarket July Festival will host a circus themed ball at the Rowley Mile racecourse on July 6 with tickets for £85, rather than the usual price of £95.

Discounted tickets are available until December 31. They are available from Edmondson Hall solicitors on (01638) 560 556.

Fish bar staff take honours

A FISH and chip shop has proved its staff were leagues ahead in the style stakes.

Central Fish Bar, in Market Street, won Best Dressed Shop Staff during the town's big Christmas light switch on December 4.

Discerning judges Katie Gleed and Ben Ramsbottom, of Paddocks School, visited all the shops which had entered the competition, accompanied by Cllr Michael Anderson of Newmarket Town Council.

Kay Dawson, events manager at Newmarket Town Council, said: "I thought there was a really good atmosphere. It is definitely something we can build on in the future."

The winning shop received an engraved shield and a bottle of bubbly.

Brewing up

A COFFEE morning has been postponed due to maintenance work.

The regular coffee morning at St John's Church, in Beck Row, will now take place on Tuesday.

Blaze put out

FIREFIGHTERS were called to a blaze in a Mildenhall home.

A small fire next to the wood burner inside the house in Manor Road was out when they reached the scene at 6.20pm on Monday.

HELPING OUT: from left, Kathy Ogilvie, Rev Dr Eleanor Williams and Jackie Morgan. Pictures: Keith Jones 880544

BLUE KICKER: one of the sheep at the Village Vets with nurse Marie Rowland and Vet Alastair Barnes.
Below, one of the sheep at the Fish and Chip Shop in the Causeway.
880541 / 2

Colourful knitted sheep put on festive trail

A FLOCK of colourful knitted sheep have been scattered around two villages for children to find.

The Knit and Natter group has teamed up with Messy Church groups from St Mary's, in Burwell, and St Etheldreda's, in Reach, to put on the festive trail for youngsters.

Intrepid shepherds will fill in a form with the locations of as many of the 35 lost sheep as they can find.

The winner will be announced on Christmas Eve at 3pm, at St Mary's Church and hopefully the sheep will be reunited in time for Christmas.

Rev Dr Eleanor Williams, Vicar of St Mary's & Etheldreda's, said: "The ladies – and a few men – in the Knit and Natter group have been busily knitting (and nattering) away over the last few months to produce a very colourful flock of sheep for this fun event for the young people in the villages.

"The initiative aims to focus children on the Christmas story through their involvement in searching for our lost sheep."

Messy Church in Burwell takes place between 4pm and 6pm on the last Sunday of each month, in the Guildhall, Burwell, while Knit and Natter meets at the Anchor pub every Friday from 10am to noon.

Anyone who wishes to take part in the free trail can collect an entry form from the Post Office, CentrePeace or Tina's in Burwell.

Seven arrested in police operation

■ LIZZY BUCHAN

SEVEN people have been arrested as part of a police clampdown on domestic burglary.

Teams of officers executed 10 warrants and made seven arrests in a day-time operation in Newmarket, Mildenhall, Brandon and Beck Row on Friday.

Three men and a woman were charged while three other suspects were released on bail.

Nicholas Gallagher, 41, of Bill Rickaby Drive, in Newmarket, was arrested on suspicion of burglary.

He has since been charged with five counts of burglary in relation to incidents in Stoke by Clare, Clare and Halstead, Essex.

He appeared in West Suffolk Magistrates Court on Saturday and was sent for trial at Ipswich Crown Court on Tuesday.

Geoff Woodliffe, 30, of Aspal Way, in Beck Row, was charged with burglary and is due to appear at West Suffolk Magistrates Court on December 21.

Anthony Vittles, 39, of Peterhouse Close, in Mildenhall, was arrested on suspicion of theft.

He has since been charged with theft and is due to appear at West Suffolk Magistrates Court on December 21.

Claire Cheshire, 31, of Aspal Way, in Beck Row, was arrested on suspicion of burglary.

She has since been charged with receiving stolen goods and is due to appear at West Suffolk Magistrates Court on December 21.

A 28-year-old woman from Newmarket was arrested on suspicion of possession with intent to supply.

She has been released on police bail and is due to return to Bury police station on February 5.

A 30-year-old man from Mildenhall was also arrested on suspicion of possession with intent to supply.

He has been released on police bail and is due to return to Bury police station on February 9.

A 53-year-old woman from Brandon was arrested on suspicion of growing cannabis and possession with intent to supply and released on bail.

Chief Insp Kim Warner said the operation had been a "great success", adding: "Our message to would-be offenders is simple, we will not stand for this and strong action will be taken against anyone suspected of committing this offence.

"Being a victim of a burglary is extremely traumatic, and the effect it can have on individuals is quite significant.

"Tackling burglary is a key priority for the force."

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If you have any feedback for us then please contact the relevant person or people listed below.

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RACING NEWMARKET

Social news from the racing scene with Howard Jones

New programme is aimed for youngsters

MONDAY saw the launch at the new Astley Club of Racing Youth.

This is a new programme aimed at 16-21-year-olds who work or train in racing.

Free activities include a TV games room, sports lounge, squash court, snooker hall and indoor sports hall, youth room, trips and outings, gym and racehorse simulators.

You can access the free wi fi, make new friends, meet trained staff, try new sports such as boxing and cricket, and there are various football teams available to play for including the Racing Newmarket charity team who play fun social games (no skill needed).

There are also physiotherapy and exercise classes on offer as well as trips.

If you would like to try this then come along to the Astley Club on Mondays at 7pm (upstairs).

■ On the football front, I had an email from Racing UK the other day asking for a game in the summer, so next year's charity matches are fallling into place.

I still need another green kit for next year so if there are any sponsors do give me a call on 01359 270733.

■ Comedy night at the Astley Club is on December 22 – as far as I know there are only a few tickets left so if you need some pop in as soon as possible.

■ Congratulations to the newly-married Mr and Mrs Fenton.

Birthday greetings this week to Steve Drowne and Alex Day.

HAPPY BIRTHDAY: Morgan Crick is celebrating his 12th birthday. Picture: Keith Jones 880632

Morgan's big day at age of 12 is special

A BOY from Burwell had dozens of reasons to celebrate his birthday today.

Morgan Crick, who lives in High Street, will ring in his 12th birthday on December 12, 2012, a date that experts believe won't occur again for 1,000 years.

His father Mark, 49, who owns Lanes Bakery in Burwell with his wife Janine, said: "It is never going to happen again.

"I just thought it was so great to turn 12 on the 12/12/12."

The Bottisham Village College pupil celebrated his birthday early with a trip to Centre Parcs at the weekend and will have a few friends over on the big day.

'Don't let your night out turn into a life sentence'

OFFENDERS committing rape and acts of sexual violence will be targeted over the festive period.

Suffolk Police's Time to Stop campaign is sending out a strong message to people across the county that sex crimes of any kind will be not be tolerated.

There were 373 serious sexual offences recorded in Suffolk this year between April 1 and November 30, and 138 of these were rapes.

■ **LIZZY BUCHAN**

There were 14 rapes within the Forest Heath area compared with 44 in Ipswich.

Det Insp Tonya Antonis, of Suffolk Constabulary's Gemini Team, said: "Rape is rape and there are no excuses, there is no grey area.

"Men need to understand that if a woman says no or is incapable of consenting, for instance through drink or drugs, they are committing a criminal offence.

"If there is any doubt the likelihood is that you are committing rape and therefore hold yourself up to being arrested, convicted in a court of law and potentially placed on the Sex Offenders Register.

"Don't let your festive night out turn into a life sentence."

He said victims often knew their attackers and warned that people could often get into situations they did not intend to.

He added: "Too often our officers will see young women who are the worse for wear through drink and who have either wandered off or been abandoned by their friends on a night out.

"Look after yourself and your friends when you are out and always organise safe transport home."

Further information about rape and sexual violence and details of local services available for victims can be found at *www.suffolk.police.uk/timetostop*.

Code breaker's memorial statue given full backing

LIZZY BUCHAN

A STATUE of a wartime code breaker has been given the green light by the town council.

At a meeting on Monday of Newmarket Town Council, councillors unanimously voted to develop proposals for a statue of Newmarket-born Bill Tutte outside the Rutland Arms Hotel.

Bill Tutte worked at the Government's code breaking headquarters at Bletchley Park during the Second World War and was responsible for cracking a cipher, nicknamed 'Tunny', which was used by high-ranking German officers.

The town council resolved to work towards installing a memorial statue, which has been suggested by the Bill Tutte Memorial Working Group, and to develop Rutland Hill as an open space in partnership with Suffolk County Council.

They dissolved the Bill Tutte Memorial Group and formed two smaller working groups – a Rutland Hill Working Group, which will be chaired by county council officer Guy Smith, and a Bill Tutte Memorial Fund Working Group to organise raising funds.

Mayor George Lambton said: "I think that is all very good and I would happily lend my support.

"This is a good start as we have got three recommendations through unanimously."

The project is likely to cost around £50,000 but the Memorial Group was confident it could raise funds through a mixture of council funding and private donations.

Cllr Warwick Hirst, chair of Newmarket's High Street Regeneration Committee, said: "Suffolk County Council have found a sum of money in the budget which together with money from Forest Heath will cover about half of the costs."

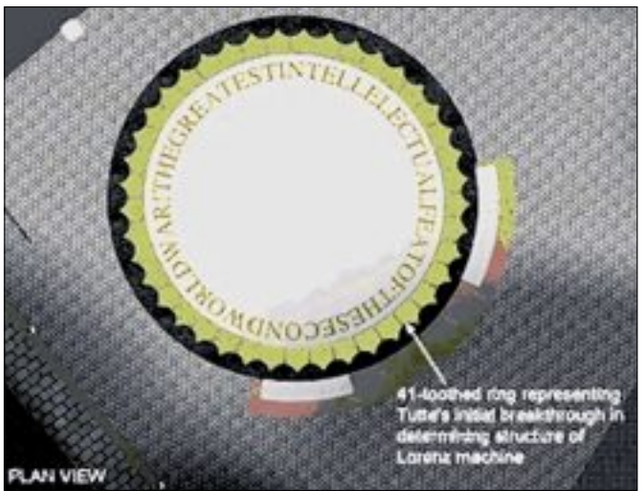
The plans have been on show in Memorial Hall for two weeks and the working group believe there is public support for the project.

Richard Fletcher, secretary of the working group, said: "The general feeling is that everyone is enthusiastic about the idea, although they are a bit confused by what it means.

"That is not surprising as the story of Bill Tutte is not well known and sculptor Harry Gray has deliberately made the statue cryptic."

The statue will be made up of five stainless steel sheets on a raised stone platform with holes cut through to resembled punched cipher tape.

When viewed from the right angle the holes will reveal an image of Tutte's face.



SUPPORTED: Newmarket Town Council unanimously voted to develop proposals for a statue of Bill Tutte

HOW IT WILL LOOK: the proposals for the statue of WW2 codebreaker Bill Tutte in Rutland Hill

» in Brief

Delays after car hit tree

MOTORISTS faced delays after a car collided with a tree on the A14 yesterday.

Police received a call at 7.15am after the vehicle came off the road on the eastbound A14 between Swaffham Bulbeck and Newmarket.

A police spokeswoman said no one was injured in the crash but damage was done to the car.

Meanwhile, an investigation has been launched after a collision between a car and a lorry on the A14 on Friday.

The incident happened at 7.30am on the westbound carriageway at Stow-cum-Quy when a grey Mazda and a lorry collided.

The driver of the Mazda, a 28-year-old man from Newmarket, suffered slight injuries. The lorry driver, a 62-year-old man from Norfolk, was not injured.

Electrical fault started fire

A BLAZE broke out in a home during the early hours of Monday morning in Burwell.

Firefighters from Burwell and Swaffham Bulbeck were called out at 5am to a fire in Toyse Lane and on arrival they found it involved a dryer.

The crews managed to get it under control by 5.40am and an investigation found it had started accidentally due to electrical faults.

No one was injured during the fire though the extent of the damage is currently unknown.

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» in Brief

Concert is so popular

MORE than 100 charitable people turned out for a Christmas carol concert.

Newmarket Community Choir performed a selection of festive favourites at a charity Christmas concert on December 4.

Guests tucked into mince pies and wine during the show at The Stable, in High Street, and all the profits went to Newmarket Open Door homelessness charity.

Julie Eden, one of the choristers, said: "It seemed to be really well received and the atmosphere was very festive."

Newmarket Community Choir meets on Tuesdays from 7pm to 8.30pm at Palace House and new members are always welcome.

Anyone who would like to join can email Diane Buddery at *buddslat@aol.com.*

Action taken over thefts

OFFICERS have clamped down on number plate theft.

Newmarket Safer Neighbourhood Team (SNT) held a weekend of action at Studlands Park Sports and Social Club, in Brickfields Avenue, on November 24 and 25.

The SNT team fixed anti theft screws to cars in the area and handed out packs to passing motorists.

Acting Insp Mark Shipton said the event was a great success.

Front door forced open

A TELEVISION and hi-fi have been stolen from a house.

Police are appealing for information after offenders forced open the front door of a house in The Street, in Beck Row, between 8am and 6pm on November 21.

A wacker plate, used for compacting sand and gravel, was also stolen from a workshop in Maids Cross Hill, in Lakenheath, between 8.30pm on November 20 and 7am the next day.

Anyone with information should call the police on 101 or Crimestoppers anonymously on 0800 555 111.

WARTIME: First World War wounded arriving at Cambridge station. Pictures courtesy of Cambridge Collection

Story continues on railway connection

Reporter Lizzy Buchan talks to David Occomore about his new book.

A RAILWAY enthusiast has published a second book on the early days of Cambridgeshire's railways.

Historical researcher David Occomore first published *Along the Line* in 2010 – an in-depth study of the development of Newmarket's railway connections with Cambridge, Ely and Bury St Edmunds from the 1840s to 1914.

David, who lived in Burwell for 15 years before moving to Cumbria in August, edited a number of books for the Newmarket Local Historical Society while working part-time at Anglesey Abbey, near Lode.

His latest book follows the challenges faced by the railway between 1914 and 1925, from transporting injured soldiers to hospitals in Cambridge and Cheveley to promoting agricultural improvement during the years of peace and reconstruction.

He said: "The first book I did seemed to sell so well that I decided to continue the story."

David first had the idea to write a book when he was going through old newspaper reports for a local history project in Burwell.

He added: "I thought this was a fantastic resource that hasn't been looked into. There is so much about the railway in the papers in the early days."

He said he was drawn to research the history of the area as Cambridge was such an important centre of railways as it was where the London North Western, the Northern rail and the Great Eastern lines all met.

David said: "I have always been interested in railways – not only in the railway side of things but in the social history."

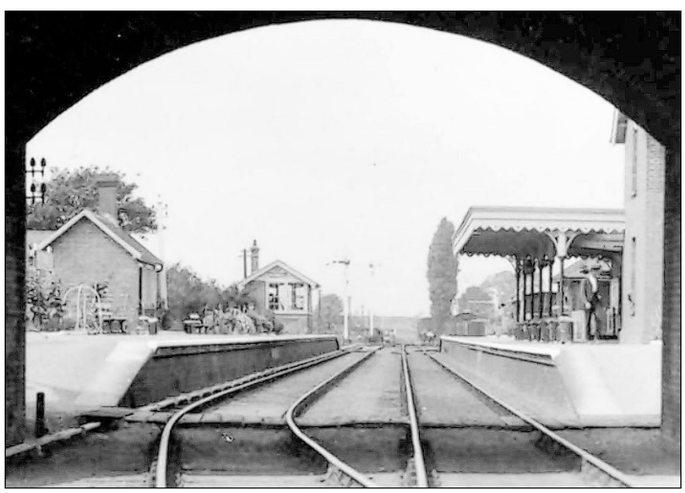
He said this has been not been well documented before as historical focus was often more on the mechanical than the social.

David researched the book at Cambridgeshire Central Library where microfilms of old newspapers are kept.

He explained: "It takes about a morning to get through a year of local papers on microfilm and then your eyes go."

Sadly David doesn't have any plans at the moment to write a third book but said he very happy with his success.

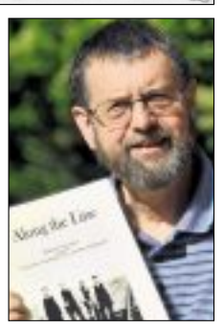
He added: "This is an interesting backdrop to view how people lived."



MEMORIES: above, Burwell station and, below, the brass band at Ely station.

SOCIAL HISTORY: women working during the First World War are featured in the book written by David Occomore who published part one in 2010.

■ *Along the Line – Part Two* is priced at £9.95 and is available from Tindalls, in Newmarket, and Burrows Bookshop, in Ely.



Union J's early lead soon went

THE breakdown of X Factor public votes has revealed Union J lost their early lead in the first few weeks and struggled to stay out of the bottom two.

After a strong start, Newmarket's Jamie Hamblett and his bandmates went down the rankings and ended up in the bottom two three times.

The former flat jockey and his band were sent home in the semi-finals after being pipped to the post by Christopher Maloney by only 0.6 per cent.

Maloney may take some consolation from the fact that he received the most votes for the first seven weeks of the TV talent show.

The Liverpudlian singer came in first every time until week eight, when winner James Arthur started to dominate.

Following his appearance in the bottom two with Ella Henderson in the seventh week, Arthur bounced back and went on to top the charts each week until his victory on Sunday.

The northerner was crowned X Factor winner in the finals with 54 per cent of the public vote after a closely-fought battle with Jahmene Douglas while Maloney still received 7.4 per cent of the final vote.

» in Brief

Family film night

SIT back and enjoy a family film this Friday.

Exning Village Cinema proudly presents *Hugo*, the tale of an orphaned boy living in a Parisian train station who crafts a mechanical man from spare parts and tools.

The film starts at 7.30pm and tickets can be bough on the door of Exning Community Church Hall from 7pm.

Tickets cost £4 for adults, £3 for children under 15 years and £12 for a family ticket.

Refreshments will be available.

REWARD: salon owner and director Stacey Cruickshank, left, presented their 1,000th client, Amy Reeves from Red Lodge, with a free bottle of champagne and L'Oreal hair treatments

Grand gesture by salon

A NEW hair salon has reason to celebrate after welcoming their 1,000th client since opening in June.

Hairkandi, in All Saints Road, Newmarket, presented Amy Reeves, of Red Lodge, with a free bottle of bubbly and some free L'Oreal hair treatments.

Stacey Cruickshank, salon owner and director, said: "To welcome our one 1,000th client within six months of opening is a great achievement for a small salon and so we wanted to do something special to celebrate.

"We look forward to welcoming our next 1,000 clients and more over the next few years."

Hairkandi is open Tuesday and Wednesday from 9am to 8pm, Thursday from 9am to 6pm, Friday from 9am to 5pm and Saturday 8.30am to 4pm. For more information call 01638 661405.

'Tex' loses cancer battle

ONE of Newmarket's best known work riders has lost his battle with lung cancer.

Terry 'Tex' Fahey, of Howard De Walden Way, died at Addenbrooke's Hospital on November 30 aged 60 after an ongoing fight with the disease.

Mr Fahey started out in the racing world as a teenager and moved to Newmarket in the 1960s where he spent spells working with some of the biggest trainers including Clive Brittain, Luca Cumani and Sir Michael Stoute.

His most recent employer was Pegasus Stables, where he was a senior work rider for four years

James Fanshawe, from Pegasus, said: "Tex was an exceptional work rider and a very popular member of staff."

Decision pushed back on merger

■ LIZZY BUCHAN

A DECISION on a possible merger between Cambridgeshire and Suffolk fire services has been pushed back.

Suffolk County Council has announced it would not able to complete a detailed business case for consideration by both fire authorities before the original deadline of April 2014.

It was decided that the earliest this could happen is April 2015.

Cllr Colin Spence, cabinet member for public protection, said: "This has always been about seeking opportunities to share resources on a fair and equitable basis, as a means of protecting frontline fire and rescue services, and minimising the financial impact of doing so on taxpayers in both counties.

"Before any decision is taken, a joint full business case must be presented for consideration by the fire authorities in both Suffolk and Cambridgeshire.

"There is a considerable amount of work to do to ensure the business case provides members with the necessary information on which they can take a properly informed decision about the future of both services."

Support from central government will be needed for a merger and so the earliest date the new arrangements could take place would be April 2015, he said.

Graham Stagg, chief fire officer for Cambridgeshire Fire and Rescue Service, said: "Councillors from both services need to have the full facts and figures at their disposal before making a decision on a joint merger.

"This is a big decision for both authorities and it needs to be informed by an accurate and thorough business case, which will take some time to prepare."

A three-month public consultation began in October in Suffolk and 250 responses have been received already.

The deadline for responses to the consultation is January 14.

The results of the consultation will be considered alongside the work of the council at a meeting of Suffolk County Council's scrutiny committee on December 19.

WELL DONE: Linda Hyde, left, receives her prize from Lorretta Saunter, manager of Page Fine Jewellery

Special milestone

A JEWELLER has celebrated three decades in Newmarket by giving out a special prize.

Page Fine Jewellery was set up by Carol and Douglas Page in 1982, when it was known as Carousel, and the business has remained in the family as their son Chris is now at the helm.

To celebrate the big milestone, the shop offered customers 30 per cent off for the anniversary weekend and raffled off a 30-year-old bottle of wine which was won by Linda Hyde, of Newmarket.

Manager Lorretta Saunter said: "She was delighted and surprised by winning.

"It was a very nice bottle of wine, 30 years old like us. It is quite an achievement in this climate."

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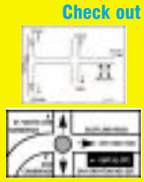

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EVER felt you've just got too many clothes? Or maybe been grumbled at by your partner for taking up too much space in the wardrobe?

Though it might not seem that way when you're searching for something to wear on an evening, it's almost guaranteed there'll be some clothes in your cupboards that you hardly ever wear – or perhaps never have, due to them being slightly the wrong shape, or a colour you're not too sure about.

It's a familiar story for women everywhere (and for a few chaps, too), but a lovely solution is to be found in the shape of The Dressing Room in Sun Street. Run by Bev Beak, The Dressing Room is an Aladdin's cave of clothes and accessories that women have donated, in the hope that they might find a more

ADVERTISEMENT FEATURE

deserving home.

"We opened two and a half years ago – I was previously an HR manager and wanted to do something completely different. I've always loved clothes so I just went for it.

"I'm amazed at the number of clothes women have that they don't wear, so I always get lots of clothes coming in. I will sell the clothes on their behalf, keeping them for six weeks, and giving the owner 50 per cent of the profit. So it's a nice extra earner for people in these tough financial times. And if they don't sell, they can either taken them back or leave them here and I'll donate them to charity."

"We get a lot of good designer clothes come in, as well as high street. At the moment we have a lovely white Chloe handbag in. We also do hats in the summer for the races, and there are lots of evening dresses in now for the Christmas party season."

"It's recycling really, which is something we should probably do more of. We throw away far too much these days – of everything really."

The shop houses a range of items for all ages, shapes and tastes, set over two floors.

"It's the only one of its kind in the area," adds Bev. "People come from all over the area.

"It's something that works for everybody: for the seller, for me and for the shopper – and also for the charity."

The Dressing Room is situated at 8 Sun Street, Newmarket, open 10am-5pm Tuesday-Saturday – with extra Christmas opening hours. Call (01638) 667778 for more information.

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UP AND OVER: Champion jockey Tony 'AP' McCoy with racehorse Dr Livingstone owned and trained by Charles Egerton in Lambourn. CP

Festive spirit under starter's orders

A RACING club has got into the Christmas spirit with a series of festive giveaways and events.

The Jockey Club, which owns racecourses and training land in Newmarket, has launched the Gift of Racing online advent calendar which offers money off vouchers, gifts and free tickets to the races every day of December.

To promote the calendar, champion jockey Tony 'AP' McCoy donned his Christmas jumper while racehorse Dr Livingstone was given a festive makeover.

Paul Fisher, group managing director of Jockey Club Racecourses, said: "The Christmas period is packed with top-class racing action right through December, including four of our courses racing on Boxing Day and then we start 2013 in celebration with our New Year's Day fixtures.

"It's a fantastic sport and a great day out for family and friends.

"There's something for everyone to enjoy."

To access the Gift of Racing online advent calendar and sign up to start unwrapping your presents, go to *www.giftofracing.co.uk.*

For more information on the Christmas fixtures go to *www.jockeyclubracecourses.com*

Police hammer out warning to drink-drivers

■ LIZZY BUCHAN

DRINK-DRIVERS will have nowhere to hide during the festive period.

Police in Suffolk and Norfolk are clamping down on people driving over the limit at Christmas with an increased presence of officers who will breath test any driver who gives cause for concern, whether it is for a car defect or their manner of driving.

Assistant Chief Const Charlie Hall said: "There will be nowhere for drink-drivers to hide this Christmas and New Year, and no excuses.

"We want everyone to think twice before getting into their car, whether it be after a night out, on the way to work the next morning, or after a pub lunch or visiting friends and relatives."

Last year's Christmas campaign saw 5,958 drivers were breath tested and 185 tested positive.

He said: "Whilst this is only three per cent of drivers tested who were over the limit, each one found guilty will have received a criminal record that will affect their job prospects for the rest of their lives, a driving ban and a fine or custodial sentence."

Assistant Chief Const Hall urged drivers to plan a safe way of getting home after a party, such as taking a taxi, public transport or organising a designated driver.

He said: "Driving whilst under the influence of drink or drugs will seriously impair your ability to drive and puts others at risk on Norfolk and Suffolk's roads.

"We work all year round with our Think! Norfolk and Suffolk Roadsafe partners to make our roads safer and prevent more people from being killed or serious injured – our seasonal campaign should serve as a reminder not only to not drink and drive, but to take more care when driving and ensure your vehicle is roadworthy."

There were 12 deaths due to collisions involving alcohol or drugs in Suffolk between April 2011 and March 2012, as well as 52 serious injuries and 121 slight injuries.

■ Pubs help campaign – see page 17

» in Brief

Charity call to swimmers

MAKE a splash by signing up for a charity swimathon.

Newmarket Rotary Club is running its fifth annual SwimAlong on January 12 from 1.30pm to 2.30pm at the Leisure Centre, in Exning Road.

Individual swimmers or teams of three, four or five may take part and each team will donate to a charity of their choice as well as the Rotary's campaign to eradicate polio. Entry is free. Contact Colin McCarty for a sponsorship form on (01638) 669400 or *test_and_eval@btinternet.com.*

Thieves take golf clubs

GOLF clubs and garden tools have been stolen from outbuildings overnight.

The theft occurred between 6pm on December 3 and 8am the following day at a property in Sedge Fen.

Two sets of King Cobra and Bay Hill golf clubs were snatched, along with a jerry can containing 10 litres of petrol, a chainsaw and a jack hammer.

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Newmarket: A great place of an evening

WARM WELCOME: There's an extensive range of pubs to choose from for an evening out in town

NEWMARKET has some great pubs and restaurants, whether you're looking for a cosy evening enjoying a few local ales or a more formal evening meal with family or friends.

Historic pubs include The Three Blackbirds in Ditton Green, which dates back to 1642. With original oak beams and vintage furniture, it's a lovely setting in which to eat and drink.

The Palomino in Valley Way is another favourite with locals, with a car park and function room, and The White Lion, High Street, serves local Greene King ales and is popular with racegoers, being the closest pub to the racecourse.

There's also a range of

ADVERTISEMENT FEATURE

restaurants to choose from. Table Table is in Fred Archer Way and serves good value pub food. Tuddenham Mill is a good choice, with its unusual setting inside a former working mill. It serves modern British food. There's a great Thai restaurant in the High Street, called Sangdao, which has four-and-a-half stars on TripAdvisor. It's been praised for its excellent food and service. Montaz in Old Station Road is another good place to go if you fancy Indian food, and has lovely interiors too. And for a good pub lunch and a roaring fire, head to The Star Inn, Lidgate. The food is Spanish-British, and the beer is good too – they also allow dogs.

HAPPY DAYS: Pubs in Newmarket date back to the 17th century

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Reserve welcomes record hen harriers

A RECORD number of hen harriers are roosting at a Lakenheath nature reserve.

These distinctive birds do not breed on the reserve usually and only visit during the winter but there are three males and a female currently roosting at RSPB Lakenheath Fen, between Lakenheath and Hockwold villages.

The male birds have an unusual pale grey plumage and black wing tips while females are brown with rings around their tails and a white rump.

David White, information officer at RSPB Lakenheath, said: "It is great to have so many hen harriers roosting on the reserve.

"The males are particularly beautiful. Their buoyant flight makes them look almost gull like against the fading light of a winter's afternoon."

The best place to catch a glimpse of these birds is from 2.30pm onwards at the reserve's Joist Fen viewpoint, about a mile and a half from the visitor centre.

The reserve is open from dawn until dusk every day and the visitor centre is open from 9am to 5pm daily.

RSPB members park for free while non-members pay £2.

For more information please call (01842) 863400 or e-mail *lakenheath@rspb.org.uk*.

IN FLIGHT: hen harrier at RSPB Lakenheath Fen. Picture: Andy Hay

Racing fan cooks up for top TV show

LIZZY BUCHAN

A RACING enthusiast who swapped the track for the kitchen this week on a TV cookery show said the experience was "surreal".

Richard Negus, fundraising and communications executive for the charity Racing Welfare, showed off his culinary skills on *Come Dine with Me*, where a group of strangers battle it out for a £1,000 prize and the title of best dinner party host.

Richard, of Dullingham, said he went on the show to try to raise money for the racing charity and The Household Cavalry Foundation, after he spent five years in the Life Guards.

He said: "My wife and I usually share the cooking so I am comfortable in the kitchen but I have never cooked with a film crew following me around.

"We only live in a small cottage so the house was absolutely packed with media types working away. It was quite surreal."

He decided on A Day at the Races for his themed dinner, so guests wore hats and fascinators and enjoyed a game of snail racing.

Guests were served a trout and smoked salmon starter called Under Starter's Orders before a hearty main course of and They're Off-al, also known as steak and kidney pie.

For dessert Richard indulged his sweet tooth with a lemon flavoured Winning Posse and shortbread biscuits.

However, the others were underwhelmed by his performance and awarded him 21 out of 40 after his main course and dessert failed to impress.

Despite his best efforts, the victory went to Amber Elba-Thompson, a business studies lecturer at West Suffolk College.

THEMED DINNER: Richard Negus, who served up three courses.

Richard said: "I came stone cold last. There is no justice in the world.

"I think what happened was going first was the bum steer because everyone goes in and decides to be very critical about this.

"I don't think we can say anyone was particularly fantastic but despite being a bit of a mare, the right person won.

"Of course, I am competitive and it would have been nice to have won because that's £1,000 for the charity kitty.

"It was all very good fun. I wouldn't do it again, not in a million years, but it was a great thing to notch off the bedpost.

"The smell of burning and moth balls from the fancy dress will remain with me."

Mr Negus said all four contestants were now friends on Facebook.

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For all advertising and editorial enquiries during this period, please call **01223 434434.**

Cambridge News Head Office, Winship Road, Milton, will be open as normal throughout the festive week (closed Christmas day and boxing day).

We would like to take this opportunity to wish all our readers, advertisers and contributors a very happy Christmas and a prosperous new year.

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My kiss for a duchess

KISS YOU KATE: Carmelo welcomes the Duchess of Cambridge in the traditional Italian way.

Picture: Keith Heppell 877943

Carmelo went from a successful career – during which he served royalty – to sleeping in a homeless shelter. But the man who planted a smacker on the Duchess of Cambridge is confident he will turn his life around again.

NEVER mind the photographs of balcony waves, polite crowd chats and handshakes with dignitaries – the picture that really captures the essence of William and Kate's long-awaited visit to Cambridge has to be plucky Carmelo Giammona planting a kiss on the duchess's hand.

For the smiley 43-year-old, who's currently living at homeless hostel Jimmy's in East Road, it was a magical moment.

"I knew she was coming to Jimmy's, because the staff told me the 28th will be very special day," recalls Carmelo in his lilting Italian accent. "But I did not expect to see Kate so close to me! Oh my God, she was very beautiful. I was shaking.

"In Italy, to kiss the hand is to be polite, so it was spontaneous, this was normal. And her hands? Very tender!

"When I saw her eyes, I was shocked: so beautiful, really so beautiful. I thought I must make a compliment, otherwise I would not be myself. I said 'Kate, you are a very beautiful lady', and she started to laugh.

"And the expression of Prince William in the photographs – he was like this," chuckles Carmelo, folding his arms and frowning. "No, it was very, very nice and very emotional. I really appreciated the moment."

Yet surprisingly, this isn't the chirpy Italian's first brush with royalty. Although he's currently living in a homeless shelter, Carmelo has been both a head chef and a catering manager, who has served everyone from Prince Charles to the Queen Mother.

And Carmelo's story is typical of many who turn to Jimmy's in these tough economic times: he doesn't have a drink, drug or mental health problem, he's simply down on his luck, and can no longer afford to pay for a roof over his head.

Growing up in Rocca di Mezzo, a pretty tourist town near Rome in central Italy, Carmelo had a happy childhood: "I was just a normal boy, but I've always been the jokey type," he grins.

"After school I was in the Italian Air Force. I liked it very much and it is a very good job in Italy, but I didn't have much ambition. I was too young, and I thought I'd travel, and I came here."

Arriving in 1993, Carmelo fell in love with the city and, other than a two-year spell in Oxford, has never left.

Always happy in the kitchen – typically, his 'mamma' was a great cook – Carmelo worked in Pizza Hut in the city centre and, realising his destiny lay in all things foodie, then took a job at Trinity College, where he learned the ropes of mass catering.

After a stint at Queen's College, he then worked his way up to assistant catering manager at Gonville and Caius, where helping to organise VIP events became part of his daily life.

His first royal encounter was in 1999, when he served drinks to HRH Prince Philip. "I didn't know he was coming, and the catering manager said 'Carmelo! Come here, I want to talk to you please. Look me in the face, have you got a comb?' I said 'No, is something wrong?' He said 'No, but I'll bring you a comb. You put it in your hair and you do this'," he laughs, miming the action.

His neatened hair obviously impressed the Duke of Edinburgh: "I said good morning to Prince Philip and offered him Champagne: he pointed to me and said 'Italian'? And we chatted.

"After that I started to meet other people. I know Stephen Hawking very well because he is a fellow at Caius. I know what he likes, what he drinks, everything. He's crazy for mushrooms. Crazy! He likes them too much. And strawberries. I've met him at least 15 times, maybe more."

Carmelo loved his job, yet much as he enjoyed organising events, he missed the physical act of cooking – particularly preparing his speciality, fish. But deciding to take a job as head chef at a local restaurant (which he doesn't want to name) proved to be a mistake that would cost him everything.

Work at the restaurant was sporadic: on busy days, the understaffed kitchen was stressful: on quiet days he would be sent home unpaid.

Eventually Carmelo, who had no savings, could no longer afford his rent. Last autumn he

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SNAP: Carmelo asked the royal couple to pose for a phone pic.

reached crisis point, "and I became homeless. It wasn't nice.

"So I came to Jimmy's and asked them to support me for a little while. It was the first time I'd been to a hostel, but the staff were very nice.

"I felt very sad losing the job, because for me a job is everything. And I felt sad because I'm a very normal person who just happened to be in a position like this."

Because, he points out, homeless people don't necessarily fit the stereotype you'd expect: "When you live in this situation, you meet a different kind of people with different problems. Some people come here because of drugs and alcohol, but also maybe because they were in a bad situation – they lost their job or something happened with their family and they ended up on the street. Everybody is different."

After a fortnight, his luck changed: a friend offered him a room in his house, and Carmelo found seasonal work with Royal Mail. But when that came to an end, he needed a job – and, in desperation, returned to the restaurant where he'd been treated badly before.

Inevitably, history repeated itself: "Today you work, tomorrow you don't… I didn't know what was going on, and again I couldn't pay the rent." He's been back at Jimmy's for a fortnight.

Yet meeting the Duke and Duchess has certainly given a boost to Carmelo's spirits, and it was thanks to his catering background that he had the opportunity to get so close: a member of Jimmy's staff, Dan, had asked Carmelo to help with a demonstration of healthy eating for the big day, and it was during a tour of the kitchen that he met William and Kate.

After the hand-kissing, Carmelo took another cheeky step: asking the royal couple to pose for a photo with him. "It was spur of the moment," he chuckles. "I thought 'Oh my God, this is a good opportunity! But I was very polite, because I asked her permission."

Carmelo handed his mobile phone to Dan, put his arms round the royal pair and asked him to take a snap. "And they laughed.

"Then Dan said 'explain about the menus, and what ingredients we use', but I was still shaking! I told them when I cook I prefer to cook fresh vegetables of the season, not something that has come from the middle of nowhere, and we talked about healthy food.

"Prince William said 'what do you think about big burgers, like that?'" laughs Carmelo, holding an imaginary colossal burger up to his face. "I said if it's healthy, fine, no problem!"

Carmelo remains in high spirits – after all, his photograph graced many of the major websites – but now his focus has returned to finding work. "I don't know how long I'll be here, but I am very positive.

"In Italy we have a saying: 'after the bad weather comes the good weather'," he says, smiling again. "I will be fine."

A place of safety

JIMMY'S, Cambridge's first year-round night shelter, was named after Jim Dilley. A local man who'd fallen on hard times, he would often sleep rough or spend winter nights in one of the city's temporary shelters.

In the last few years of his life, Jimmy had taken to sleeping under the M11 motorway bridge at Junction 13. When he died of lung cancer in 1994, his ashes were scattered there.

Moved by Jimmy's story, a group of people vowed to establish a permanent night shelter in his memory. With the help of funding from charities, local organisations and private donations, Jimmy's Night Shelter opened in the basement of East Road's Zion Baptist Church in November 1995 – with their namesake's bridge as their logo.

To begin with, services were basic: bed, breakfast and an evening meal. But today, after providing shelter for more than 6,000 people over the last 17 years, it's a different story.

Following a £3.5 million funding award, Jimmy's has had a major refurbishment, and now covers four floors of the building. It has single en-suite rooms, an accommodation resettlement service, workshops, learning opportunities, computers, and a range of visiting support organisations, all designed to give those in need the best possible chance of moving on and breaking the cycle of homelessness.

But above all, Jimmy's offers love, support and a place of safety in memory of Jim Dilley, and the many like him.

For more information, visit *www.jimmyscambridge.org.uk*

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Sausage, egg, bacon, tomato, beans, 2 slices of toast, tea or coffee

Breakfast B 5.70
Sausage, egg, bacon, beans, bubble, mushrooms, 2 slices of toast, tea or coffee

Breakfast C 7.20
2 Sausages, 2 eggs, bacon, beans, bubble, black pudding, mushrooms, 2 slices of toast, tea or coffee

Breakfast D 5.40
Sausage, egg, bacon, beans, hash brown, 2 slices of toast, tea or coffee

Vegetarian Breakfast 4.90
Egg, veggie burger, beans, bubble, tomato, mushrooms, 2 slices of toast, tea or coffee

Top Breakfast 6.50
Egg, bacon, beans, sausage, tinned tomatoes, mushrooms, hash brown, 2 slices of toast, tea or coffee

Medium Breakfast

2 Eggs & chips 2.90
Bacon egg & chips 3.40
Egg, beans & chips 2.90
Sausage, egg & chips 3.40
Ham 2 eggs & chips 3.80
Hash brown, sausage & beans 3.40
Sausage, beans & chips 3.40
Corned beef, egg & chips 3.80
Bacon, egg & tomatoes 2.90

On 2 toast Breakfast

2 poached eggs on 2 toast 3.00
Tomato on 2 toast 2.50
Cheese on 2 toast 2.50
Mushrooms on 2 toast 2.50
Beans on 2 toast 2.50
3 scrambled eggs on 2 toast 3.00
2 eggs on 2 toast 2.60

Extras

Bacon (2 slices) 1.30
Sausage 1.30
Egg 0.80
Tomato 0.80
Beans 0.80
Mushrooms 1.30
Marmalade or jam 0.20
Coleslaw 0.80
Black pudding 1.30
Peas 0.80
Slice of bread 0.50
(with butter)
Roast potatoes 1.00
Chips 1.30
Onion rings 1.60
Hash brown 1.30
Small burger 1.10
Fried onions 0.80
Tinned tomato 1.00
Bubble 1.30
Bread roll 0.50
Slice of toast 0.50

Omelettes

All our 3 egg omelettes are served with chips, peas & salad

Plain 3.60
Cheese 4.40
Ham 4.40
Cheese & ham 5.00
Mushroom 4.40
Chicken 4.50
Prawn 4.80
Cheese & tomato 5.00
Cheese & bacon 5.00
Tomato 4.20
Vegetarian *Mushrooms, onion, tomato, peas* 5.00
Spanish *Mushrooms, onion, tomato, cheese & ham* 5.00

Sandwiches, Rolls & Baguettes

Hot or cold - *All our sandwiches include salad and can be toasted on request*

COLD	Sand	Roll	Bag.
Cheese	1.60	1.50	1.90
Prawn	2.00	1.90	2.30
Ham	2.00	1.90	2.30
Tuna	2.00	1.90	2.30
Roast beef	2.30	1.90	1.90
Egg mayo	1.70	1.60	2.10
Salad	1.70	1.60	1.90
Corned beef	2.00	1.90	2.30

HOT	Sand	Roll	Bag
Fried egg	1.60	1.50	1.90
Sausage	2.00	1.90	2.30
Bacon	2.00	1.90	2.30
Saus & egg	2.80	2.70	3.00
Bacon & saus	3.00	2.90	3.30
Bacon & egg	2.80	2.70	3.00

Fresh salad dishes

All our salads consist of tomato, red cabbage, cucumber, lettuce, red onion, lemon, carrots & coleslaw

Ham 4.00
Cheese 4.00
Roast beef 4.30
Tuna 4.30
Roast chicken 4.30
Prawn 4.50
Corned beef 4.30
Egg 4.00

Burgers

All served with lettuce, tomato & onion

Hamburger 1.40
Cheese burger 1.50
Egg burger 2.00
Cheese egg burger 2.10
Chicken burger, lettuce & mayo 2.70
King size burger 2.60
Quarter pounder with cheese 2.70
Half pounder 3.60
Veggie burger, lettuce & mayo 2.70
Pineapple burger with cheese 2.20
Bacon burger 2.60

Soups

All served with 2 slices of bread with butter

Chicken soup 2.50
Tomato soup 2.50
Mushroom soup 2.50
Vegetable soup 2.50

Jacket potatoes

All served with salad garnish & the choice of the following fillings

Butter 3.00
Tuna 3.90
Cheese 3.90
Prawn 4.10
Baked beans 3.50
Sweetcorn 3.50
Coleslaw 3.50
Mushroom 3.90
Cheese & bacon 4.50
Chicken curry 4.50
Bolognese 4.50
Chilli con carne 4.50

Vegetarian dishes

Vegetable grill £5.00
Two scrumptious vegetarian burgers cooked to perfection. Served with a jacket potato, crunchy coleslaw and seasonal salad garnish

Vegetable Brunch 5.30
Two scrumptious vegetarian burgers cooked to perfection. Served with peas, mushrooms, tomatoes, crunchy coleslaw and chips

Vegetable Combo 5.50
Two eggs, vegetarian burgers, hash browns, mushrooms, grilled tomato and baked beans

Kids Meals

All our kids meals include a fruit shoot

Chicken nuggets & chips 3.00
Egg & beans 2.10
Sausage, beans & chips 3.00
Hash brown & beans 2.10
Fish fingers, beans & chips 3.00
Mashed potatoes & egg 2.10
Bacon, egg & chips 3.00
Chips & beans 2.30
Spaghetti bolognese 3.00
Burger & chips 3.00
Mashed potato & beans or peas 2.10

Fish Platters

Golden breaded fillet served with lemon, salad garnish, chips, peas and tartare sauce

Breaded Cod fillet 4.50
Breaded Plaice 4.40
Breaded Scampi (8 pieces) 5.10
Haddock 4.50

Meat Pies

All served with cabbage, carrots, peas, chips, mashed or roast potatoes

Steak & Kidney 4.50
Succulent pieces of meat in a rich gravy covered with delicious pastry

Minced Beef & Onion 4.50
Full flavour, rich gravy in a delicious pastry

Chicken & Mushroom 4.50
A hot and tasty chicken pie in a rich creamy sauce, gravy covered with delicious pastry

Specialty Grills

Sirloin Steak 7.30
Juicy steak - cooked to your liking and served with chips, peas, mushrooms, tomato & onions rings

Rump Steak 7.30
Juicy steak - cooked to your liking and served with chips, peas, mushrooms, tomato & onions rings

Gammon Delight 5.80
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Mixed Grill 8.10
1 Lamb chop, 2 beef burgers, bacon, sausage, egg, chips, peas & mushrooms

3 Lamb chops 6.20
served with chips, peas & mushrooms

1 Large pork chop 6.00
served with chips, peas & mushrooms

Grilled chicken 5.40
Double breasted chicken steak marinated in garlic and herbs with chips & salad

Main Dishes

Special Grill 5.20
1 Frankfurter, egg, beef burger, chips & beans

Burger Meal 4.30
2 beef burgers, egg, beans & chips

Chicken Nuggets 4.30
8 Chicken Nuggets, chips, peas & salad

Liver, Bacon & Onion 5.30
Lambs liver, bacon, onion, chips & peas

Bangers 'n' Mash 5.00
2 sausages, mashed potato, fried onions, peas & gravy

Chicken 5.00
1/4 chicken, chips, beans or peas

Fish fingers 4.50
8 fish fingers, chips, peas, lemon & salad

Chilli con carne 4.00
Chilli cheese & chips

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Chilli con carne Rice & chips 5.20
Shepherds Pie 5.20
Three vegetables, roast potatoes & gravy

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Roast Lamb 5.60
Roast Pork 5.60
Roast Chicken 5.60
Roast Turkey 5.60
Roast Vegetables 4.90

Homemade Pasta Meals

Spaghetti Bolognese 4.70
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Lasagne 5.20
chips & salad

Desserts

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Apple pie & custard 2.50
Cherry pie & custard 2.50
Chocolate Fudge cake 2.40
Banana Long boat 2.70
Pancakes with Maple syrup 2.50
Pancakes with cream or ice cream 3.00
Fruit salad with cream 2.50
Ice cream 1.80
Knicker Bocker Glory 2.80
English pancakes 2.50
Lemon meringue pie 2.50
Apple crumble 2.50

Cakes

Toasted teacakes £1.50
Scone, butter & jam £1.70
Muffins £1.30
Doughnuts £1.20

Hot Drinks

	Small	Large
Cappuccino	1.20	1.50
Espresso		1.00
Latte	1.20	1.50
Mocha	1.20	1.50
Latte	1.20	1.50
Decaf coffee	1.00	1.10
Coffee	1.00	1.10
Decaf Cappuccino	1.20	1.50
Tea	0.80	0.90
Decaf Tea		1.00
Lemon Tea		1.00
Fruit Tea		1.00
Green Tea		1.00
Earl Grey		1.00
Hot Chocolate	1.20	1.50
Hot Chocolate & cream		1.60

Cold Drinks

Fizzy soft drinks 0.80
Coke, Fanta, 7UP, diet Coke, Dr Pepper

Fruit juice orange or apple 1.10
Ribena 0.80
Lucozade original or orange 1.20
Mineral water 0.80
Milk shakes 1.50
strawberry, banana, chocolate, vanilla

Milk 0.90
Ice Tea 1.00
Fruit Shoot 0.90

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Pub offer in bid to cut drink-driving

LIZZY BUCHAN

DESIGNATED drivers will be rewarded with free or discounted soft drinks on a night out as part of a police campaign.

Landlords are being encouraged to offer alcohol-free drivers over Christmas by giving away free soft drinks as the police step up their efforts to curb drink driving over the festive period.

Police are calling for pubs to join the ranks of the Bull Pub, in Newmarket High Street, which is offering buy one get one free on soft drinks over the festive period.

Other Greene King pubs are running the discounted soft drinks promotion and The Dove Pub, in Bury St Edmunds, already offers discounted teas and coffees to customers.

Sgt Paul Ward of the Suffolk Police Casualty Reduction Team said: "I have witnessed the effect drink-driving can have on families at this time of the year.

"Driving whilst under the influence of drink will seriously impair your ability to drive and puts you and others at risk.

"This scheme is a positive step towards offering drivers an alternative and encouraging them to take their turn to be the designated driver."

Iain Watson, senior road safety officer, said: "People who offer to drive their friends for a night out really deserve to be rewarded, and pubs that offer free or lower priced soft drinks to designated drivers are really helping to promote safer driving behaviour."

There have been 76 collisions in Suffolk this year linked with drink-driving, including two deaths, 25 serious injuries and 49 slight injuries.

A list of participating pubs will be published on *www.suffolkroadsafe.net.*

NO BOOZE: Fire Service Commander John Wilcock, Sgt Paul Ward, pub landlord Roger Waters and SCC Road Safety Officer Iain Watson.

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Bruce Smart, Osteopath and Sports Therapist, has returned to his home clinic after a four year period working at the Dubai Physiotherapy & Family Clinic. Bruce describes as invaluable the learning experience he gained at Dubai's modern city clinic, where no money has been spared in providing the latest screening and scanning equipment and a complete range of surgical and complimentary solutions is available in the rapidly growing emirate.
Bruce is proud that, despite having every possible modern facility available to him in Dubai, the Osteopathic diagnostic system held up very well and rarely did he have to refer patients for surgery but was able instead to rely on Osteopathic and Physiotherapy techniques to overcome or manage most condition. Dubai has also become rich in Triathlon, bike run and swim events and is home to many high quality athletes.
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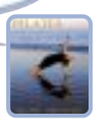

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Join Jack for family fun at panto

SNAP up tickets while you can for this year's family pantomime.

The Nomads theatre troupe will perform *Jack and the Beanstalk* at Newmarket King's Theatre, in Fitzroy Street, between January 5 and January 12.

Join Jack and the Giant as well as Daisy the Cow for a laugh-a-minute rollercoaster ride.

Tickets cost £12 or £10 for concessions which are only available at certain performances.

Call the box office on (01638) 663337 or visit *www.nomadskingstheatre.com*

MP praise over 'fantastic news'

■ LIZZY BUCHAN

THE economy is "healing" – that is the message from Newmarket's MP following last week's budget forecast.

Matthew Hancock, MP for West Suffolk, praised Chancellor George Osborne's announcement last Wednesday that the basic state pension would rise to £110.15 a week next year and the income tax personal allowance would increase so no tax will be paid on earnings under £9,440.

He said: "This is fantastic news for the whole of East Anglia.

"The east of England will see 2.3 million people get an income tax cut and the 3.6 million vehicle owners will welcome the cancellation of a rise in fuel duty that the Labour Government had planned for.

"Businesses will welcome the drop in corporation tax and the small business rate relief. And the raft of capital infrastructure projects will unlock growth and equip Britain to compete in the global race.

"Times are tough. But the economy is healing – and the measures announced will bring welcome support to families and businesses in West Suffolk."

The announcements came as part of the Treasury's autumn statement.

However, business leaders in the county called for the government to put forward immediate investment in infrastructure, such as much-needed investment in the A14.

PRAISE: MP Matthew Hancock.

John Dugmore, chief executive of Suffolk Chamber of Commerce, said: "A further one per cent cut to corporation tax in 2014, the cancellation of the 3p per increase in fuel duty and the confirmation of the British Business Bank to be launched with £1bn to help smaller firms to access finance will make a real difference."

But he said: "Jam tomorrow is not good enough and real investment is needed and needed now.

"Firms across Suffolk and the East will be frustrated that, despite continued strong and robust cases being made for the A14, the Government continues to fail to recognise how important it is to address this major infrastructure issue."

» in Brief

Raffle to aid carnival fund

SNAP up your tickets for a bumper Christmas raffle.

Winners could walk away with a framed print of Frankel, family tickets to The National Horseracing Museum, a fish and chip supper at Central Fish Bar and many more prizes.

Tickets cost £1 and can be bought from My Fotoshop, Country Casuals, The National Horse Racing Museum and Tindalls, all in Newmarket High Street.

The Newmarket Retailers Association has organised the raffle and the proceeds will go towards the 2013 carnival. The winners will be drawn on Saturday.

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THE GUIDE

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BOO, HISS: Stephen Beckett is relishing his role in Jack and the Beanstalk, at the Cambridge Arts Theatre. Inset below, arts theatre favourite Matt Crosby, who has squeezed into dame's corsets for the first time.

Nasty is so nice

As the Arts Theatre's latest uproarious panto opened last week, the former Coronation Street and The Bill star Stephen Beckett tells LOUISE MARTIN why he'll be soaking up the boos and hisses in Cambridge as the villainous Squire Nastee

STEPHEN Beckett is very relaxed for someone who's about to spend the next six weeks performing around the clock in the high-energy Arts Theatre panto, *Jack and the Beanstalk*.

When I speak to the former long-running star of *The Bill* and *Coronation Street*, just a few days before rehearsals begin, he is at a zoo ("somewhere in the middle of the Midlands") with his two young children enjoying a day off from his tour in Alan Ayckbourn's *A Cricket Match*.

"I actually learnt the first (panto) scene last night," he says, "I'm very much looking forward to getting started and being in Cambridge. Everyone speaks so highly of the city – I can't wait to explore it and just have a wander around."

Beckett will be swapping his seaside home in Brighton for a Cambridge pad during the panto run, but will be hot-footing it back to the south coast after his December 24 performance for a family Christmas.

"This Christmas, because I'm working so much, we will be having some quiet family time on Christmas Day," he explains.

"We get Christmas Day off and then I will have to find a way to get back to Cambridge for the Boxing Day shows.

"If I've been working away a lot around Christmas, what I like to do, and what everybody likes me to do, is just stay at home and not go anywhere."

Working away from home is something Beckett and his actress wife Anna Brecon (the former Lady Tara in ITV's *Emmerdale*) have grown accustomed to throughout their career. But with two young children, the actor admits it can sometimes be difficult to juggle the demands of family life and a busy career.

It will be the second year in a row the *Corrie* and *The Bill* star has spent Christmas on the stage. Last December he performed in *The Railway Children*, which was staged at the former Eurostar terminal at London Waterloo.

Having appeared in *Goldilocks* and *Peter Pan*, the RADA-trained actor is no stranger to panto, and he's looking forward to getting stuck into the evil Squire Nastee role. "I love playing the baddie," he admits. "It's really hard to play good. One of the hardest things you can do as an actor is play a really nice guy. Playing nice is hard because there's not much to hang on to."

His love for the baddie role is probably why he enjoyed playing *Corrie*'s Dr Matt Ramsden so much.

"Ah, the mucky medic", he laughs. "That was great. It started off like all these characters do of him being the nice doctor and wanting to get involved in the community, and of course he ended up impregnating one of his patients, who was the wife of his best mate, while he was treating them for infertility."

Before his time on the cobbles, Beckett played Pc Mike Jarvis in ITV's *The Bill*.

"They [*Coronation Street* and *The Bill*] were good fun in different ways," he says. "*The Bill* was fun in the sense that I got to do a lot more action – a lot more boys and toys stuff. I got to do a lot of fighting and driving cars very fast and jumping off garage roofs. I was there for five years, during my 20s, with a whole bunch of guys all around the same age as me who had been out of drama school a similar number of years to me."

His panto run is guaranteed to leave him feeling a little worn out. But with a fantastic cast, including long-serving Arts Theatre panto favourite Matt Crosby and some of the West End's brightest rising stars, including Sophie Isaacs (*Legally Blonde*) as Jill and Emily Tierney (*The Wizard of Oz/Wicked*) as the Fairy Godmother, he should have no problem getting into character to soak up the boos and hisses.

"It's going to be a lot of fun," he promises. "Basically, you get to tap into all the angst, frustration, anger and bitterness that you have in life and pour it on to the stage and be really horrible to children for about six weeks! It's going to be marvellous."

■ **Jack and the Beanstalk, Cambridge Arts Theatre, until January 13. For times and prices, call (01223) 503 333 or see *www.cambridgeartstheatre.com***

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Students showing the way

by Hannah Stephenson

OLDER gardeners could pick up some tips from a new generation of young horticulturists who have grown up with the eco-friendly, sustainability mentality.

So says TV gardener David Domoney, who is mentoring students from six UK horticultural colleges as they create gardens with a sustainability theme as part of the Ideal Young Gardener of the Year competition, in association with the Prince's Foundation.

Young people are becoming much more aware of the importance of sustainable gardening, thanks to programmes such as Countryfile and other horticultural shows, he says.

"Television has greatly influenced kids to an acceptability that wildlife is very important. There are a lot of little quirky designs in their gardens that really work."

Natural stone and brick have been used to create mini pizza ovens, bulbs utilised to create 100 days of colour, while other students are using a combination of planting to create fluid movements in between timber and stone. Herbs will be used for flowers and foliage. Ornamental plants which are also edible are being planted in blocks to create an attractive view.

"Kids today are working more with landcraft. Dry stone walling is immensely popular. When I was at college in the 1980s, things were very different. Today, there's floristry and blacksmith work, as people hammer out their own statuettes and embellishments, and make woven wicker fencing. Land-based skills which have become popular at Chelsea have been adopted."

Youngsters have a different attitude to sustainability than previous generations, he agrees.

"It's become such an important part of the teaching, there's an affinity to it, whereas other generations had to re-learn it. In the past decade we've seen a huge change. Who would have thought 10 years ago we would have been separating our rubbish inside our kitchens? But kids of today are used to it. It's part of their natural psyche."

So how can amateur gardeners make their own plots sustainable?

Domoney says: "There's a huge amount of confusion about what is sustainable and what is natural, whether everything has to be indigenous species and aspects of chemicals, peat and landcraft. But for the general public who have their own gardens and like the feeling of sustainability, there are a few steps they can take to try to encourage that style of thinking."

NATURAL TOUCH: David Domoney, above, who says young people are keen to attract wildlife into their gardens.

Attracting as much wildlife as possible into the garden is the first step any amateur gardener should take towards sustainability as part of an equal balance, he notes.

"That means attracting everything from wild birds – creating not only a feeding and water station year-round, putting up bird boxes and roosting pouches – to insects that visit the garden, not just bees. Make little bee stations using cut bamboo canes tied together, or leave a section of the garden uncut.

"To create an eco-climate in your own back garden, you need to do less gardening, in some aspect," he explains.

"Having a section with old logs stacked in the corner will attract a phenomenal amount of overwintering insects as well as hedgehogs, which eat slugs. Let a section of the grass grow wild.

"Interacting with the nature that visits your garden is a good step forward for sustainability."

As green space becomes more scarce, sustainable gardens will become more valuable in the future, he predicts.

"The garden is becoming much more influential for young families and new home owners. A garden is becoming an investment, a fashion statement, rather than just somewhere to put the bikes."

■ The student gardens can be viewed at the Ideal Home Show London, which runs from March 15-April 1, 2013 at London's Earls Court. For details on how to view the gardens, visit *www.idealhomeshow.co.uk*

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Cambridge Newsdirect

Late start for artist

Working out all the frustration

I CAN still remember the moment I realised I was serious about being an artist," says Louise Riley-Smith. "I was drawing a pot of pencils and brushes, totally focused, and then someone helped themselves to a pencil from the pot. I was incensed!"

Having got married and had children "very young", Riley-

Smith is candid about the nervous breakdown at the age of 40.

It was during a stay in a psychiatric clinic that she was prescribed art therapy – something she credits with helping lift her out of her depression.

"I think the artist in me had always been there all along," says Riley-Smith, now 66, "and part of the illness was frustration at not fulfilling it: a whole side of me had been ignored. When you're bringing up small children, you put them first and your husband first – you're bottom of the pile. I found doing something for myself enormously liberating."

Inspired, she took an art A-level, followed by art college, and has since studied at The Slade in Florence and in St Petersburg, with the acclaimed Cambridge artist James Horton.

Over the last couple of decades, Riley-Smith – who lives in Cambridge with her husband Jonathan, the university's retired Dixie Professor Emeritus of Ecclesiastical History – has established a reputation as one of our most accomplished portrait painters: her work can be found hanging in Emmanuel, Jesus, Corpus Christi, Trinity and Robinson Colleges, as well as many private homes, she has exhibited at The Royal Society of Portrait Painters and Kettle's Yard, among others, and one of her paintings – of the singer and West End star Elaine Paige – was shortlisted for the prestigious Garrick/Milne Prize (Paige liked it so much, she bought it).

More recently, she has completed portraits of Simon Jenkins, journalist and chairman of the National Trust, Baroness Susan Greenfield and Sir Charles Chadwyck-Healey, Chairman of The Wildlife Trust.

From Saturday until next Friday, Riley-Smith will be staging an Exhibition of Portraits in The Newton Room at The Pitt Building in Trumpington Street. Highly recommended.

Find out more at *louiseriley-smith.co.uk*

■ Louise Riley-Smith: Exhibition of Portraits, until Friday from 10am-5.30pm, The Newton Room at The Pitt Building, Trumpington Street, Cambridge.

Out of the darkness

THOSE who like their musicals dark, exotic and deviant are invited to the ADC Theatre to see *Bat Boy: The Musical*.

When the Taylor children find a half boy/half bat creature in an old mine shaft, they bring him to town vet Dr Parker.

Dr Parker's wife and daughter take a liking to the Bat Boy and treat him like one of the family. However, the townspeople aren't convinced, and blame Bat Boy for the death of their cows until finally he is framed for murder, unleashing Bat Boy's true strength and fury.

Bat Boy: The Musical is a mock-horror tale of prejudice, outsiders and love against the odds.

■ Bat Boy: The Musical, ADC Theatre, until Saturday, 7.45pm. Tickets are from £10/£8. Contact (01223) 300085 / *www.adctheatre.com.*

CAMBRIDGE'S "most self-indulgent artist" (his words, not ours) is staging a new exhibition featuring "a bit of steampunk and pop art – plus some other stuff desperately cobbled together as quickly as possible".

Previously described as "Cambridge's own Banksy" (by us, admittedly), The Finsbury Park Deltics is the pseudonym of "Paul", who prefers to keep his identity a secret.

Paul – who, despite the north London handle, lives in Cambridge – only began painting in earnest 18 months ago. "I started getting back into it as a way of alleviating the angst of work," he explains. "I found it quite a relaxing, therapeutic, cathartic process – a good way of relieving tension. Then I showed them to some friends, who said 'have you ever thought about doing anything with this?', and I hadn't given it a moment's thought at all. And they said 'well maybe you should try to get them out there."

Buoyed up, he began to approach various galleries, but wasn't thrilled by their reaction: "As you're probably aware, it's quite a poncey world, and I'm not a poncey person. I'd be looking around places in London, and gallery owners would say 'and are you an artist?' and I'd say 'yeah, well I dabble a little bit', and they'd say 'Ah, well we don't do dabblers here.' And you just think 'thanks, I'm off'. And these are the people that even bother talking to you!"

Though, of course, he doesn't draw on walls himself.

You can check out The Finsbury Park Deltics' latest exhibition, Plucking Cliches from the Sky, at the Makers' Gallery in Hope Street Yard.

For more info, see *thefinsburyparkdeltics.com.*

■ The Finsbury Park Deltics: Plucking Cliches from the Sky, Friday, until Sunday, Makers' Gallery, Hope Street Yard, Cambridge.

Cinemas

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Life Of Pi (PG): Thu 1, 4.05, 7.15
The Hobbit - An Unexpected Journey [3D] (12A): Fri-Sat 11am, 11.40am, 2.45, 3.20, 6.20, 7, 8.30, 10, 10.40; Sun-Thu 11am, 11.40am, 2.45, 3.20, 6.20, 7, 8.30
The Hobbit - An Unexpected Journey (12A): Fri-Thu 12.20, 4, 7.45
Tinkerbell And The Secret Of The Wings [3D] (U): Fri-Wed 12.25, 2.20; Thu 12.10, 2
Tinkerbell And The Secret Of The Wings (U): Fri-Wed 4.10; Thu 3.50
Seven Psychopaths (15): Frii 11.25am, 1.50, 4.15, 6.45, 9.15, 11.15; Sat 4.15, 6.45, 9.15, 11.15; Sun 11.25am, 4.15 (subtitles), 6.45, 9.15; Mon-Wed 11.25am, 1.50, 4.15, 6.45, 9.15; Thu 11.25am, 6.45, 9.15
The Oranges (15): Sat 11.20
So Undercover (12A): Sat-Sun 11am
Rise Of The Guardians [3D] (PG): Fri-Wed 11.30am, 1.45, 4.05, 6.20; Thu 11.30am, 1.45, 6.20
Rise Of The Guardians (PG): Fri-Wed 12.15, 2.35, 4.50; Thu 4.05
Great Expectations (12A): Fri-Wed 8.20
Sightseers (15): Sat 11.40
Silver Linings Playbook (15): Fri-Wed 7.05, 9.40
Nativity 2 : Danger In The Manger! (U): Fri-Wed 1.10, 3.30, 5.55; Thu 1.50, 5.40
End Of Watch (15): Fri-Sat 11.10
The Twilight Saga : Breaking Dawn - Part 2 (12A): Fri-Wed 6.05, 8.40; Thu 4.15
Skyfall (12A): Fri-Mon 11.35am, 2.30, 5.30, 8.40; Tues 11.25am ,2.20, 5.20; Wed 11.35am 2.30, 5.30, 8.40; Thu 11.25am, 2.20, 5.20 ,8.25
Madagascar 3 : Europe's Most Wanted (PG): Sat-Sun 2
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Life Of PI 2D (PG): Thu 6.20, 9.10
The Hobbit: An Unexpected Journey 3D (12a): Fri-Sat 11.30am, 12.40, 3.10, 4.20, 7, 8, 10.50; Sun-Tues 11.30am, 12.40, 3.10, 4.20, 7, 8, ; Wed 11.30am, 12.40, 3.10, 4.20, 7, 8, , 10.50; Thu 12.40, 4.20, 8
The Hobbit: An Unexpected Journey 2D (12a): Fri 12noon, 1, 3.40, 4.45, 7.30, 8.30, 11.20; Sat 12noon, 3.40, 4.45, 7.30, 8.30, 11.20; Sun 12noon, 3.40, 4.45, 7.30, 8.30; Mon-Tues 12noon, 1, 3.40, 4.45, 7.30, 8.30; Wed 12noon, 1, 3.40, 4.45, 7.30, 8.30, 11.20; Thu 12noon, 1, 3.40, 4.45, 7.30, 8.30
Tinker Bell And The Secret Of The Wings (U): Fri 12.30, 2.30, 4.30; Sat-Sun 10.20am, 12.30, 2.30, 4.30; Mon-Thu 12.30, 2.30, 4.30
Seven Psychopaths (15): Fri-Sat 9, 11.40; Sun-Tues 9; Wed 9, 11.40; Thu 9
Skyfall (12a): Fri-Sat 1.15, 4.30, 7.45, 11; Sun-Tues 1.15 (subtitles Sun), 4.30, 7.45; Wed 1.15, 4.30, 7.45, 11; Thu 1.15, 4.30, 7.45
The Twilight Saga: Breaking Dawn Part 2 (12a): Fri 3.20, 6, 8.40, 11.30; Sat 2.20, 5.30, 8.15, 11.30; Sun 2.20, 5.30, 8.15; Mon-Tues 3.20, 6, 8.40; Wed 3.20, 6, 8.40, 11.30; Thu 3.20, 6, 8.40
Rise Of The Guardians 2D (PG): Fri-Mon 11.20am, 1.40, 4, 6.30; Tues 11.20am, 4, 6.30; Wed-Thu 11.20am, 1.40, 4, 6.30
Nativity 2: Danger In The Manger! (U): Fri 12.20; Sat-Sun 11.30am, 2; Mon-Thu 12.20
Silver Linings Playbook (15): Fri-Sat 9, 11.45; Sun-Tues 9; Wed 9, 11.45
Argo (15): Fri-Wed 6.20 (Subtitles Tues)
Madagascar 3 2D (PG): Sat-Sun 11.40am

The big film

THE HOBBIT: AN UNEXPECTED JOURNEY 12A, 2h 46m

THERE is a moment early on in director Peter Jackson's epic fantasy adventure when Gandalf The Grey turns to diminutive hero Bilbo Baggins and counsels: "All good stories deserve embellishment."

There's no doubt Jackson and co-writers Fran Walsh, Philippa Boyens and Guillermo del Toro have taken the wise wizard's words to heart.

Visually stunning flashbacks are roughly hewn into a sprawling narrative that doesn't kick into second gear for a good 45 minutes.

Jackson opens his picture shot in 3D at Bag End with the elderly Bilbo (Ian Holm) penning a book to his cousin Frodo (Elijah Wood).

We rewind 60 years to meet a younger Bilbo (Martin Freeman) in the Shire as he encounters Gandalf (Sir Ian McKellen) and a 13-strong company of dwarves, who intend to reclaim their lost gold from the dragon Smaug in his mountain lair.

After a sleepless night, Bilbo agrees to accompany dwarf leader Thorin Oakenshield (Richard Armitage) and his troops on their perilous mission.

En route, the brave souls encounter elvish allies including Elrond (Hugo Weaving) and Galadriel (Cate Blanchett), as well as the wretched Gollum (Andy Serkis) and the corpulent Goblin King (Barry Humphries).

The Hobbit: An Unexpected Journey, which should perhaps be subtitled The Return Of The Fellowship Of A King, reunites Jackson with cast and crew of *The Lord Of The Rings* trilogy including cinematographer Andrew Leslie and composer Howard Shore.

The writer-director employs the same visual lexicon: sweeping aerial shots of characters traipsing over New Zealand landscapes and close-ups of ethereal figures in deep contemplation.

The next two chapters, *Desolation Of Smaug* and *There And Back Again*, will be released in 2013 and 2014.

THURSDAY December 13

Main Channels

BBC1

6.00am Breakfast. (C) 20941351
9.15 Heir Hunters. (R) (C) 4639394
10.00 Homes Under the Hammer. (R) (C) 92868
10.58 BBC News; Weather. (C) 8013348
11.00 You've Been Scammed. (C) 7619
11.30 Cash in the Attic. (R) (C) 3964874
12.13pm BBC News; Weather. (C) 5616868
12.15 Bargain Hunt. From Peterborough. (R) (C) 5580145
1.00 BBC News; Weather. (C) 89348
1.30 Regional News; Weather. (C) 61101232
1.45 Doctors. A divorced woman uses Chris to make her former husband jealous. (C) 866333
2.15 Escape to the Country. Jonnie Irwin looks for a rural property in Kent and also learns more about the history of Folkestone's Victorian cliff railway. (C) 1592329
3.00 BBC News; Weather; Regional News. (C) 4793787
3.05 CBBC: School for Stars 2; (R) (C) Science Fiction. (R) (C) 7888752
3.35 Dennis and Gnasher. (R) (C) 2046590
3.45 League of Super Evil. (R) (C) 5344446
4.00 Scooby-Doo! Mystery Incorporated; (C) Newsround. (C) 139
4.30 Pet School. (C) 333
5.00 Newsround. (C) 5040431
5.15 Pointless Celebrities. With Jennie Bond, JK and Joel and Mary Berry. (C) 1829856
6.00 BBC News; Weather. (C) 416
6.30 Look East; Weather. (C) 868
7.00 The One Show. Matt Baker and Alex Jones present the live magazine, featuring celebrity chat and stories of interest. (C) 2481
7.30 EastEnders. Tanya goes to hospital for her scan, and Derek tells Phil about Sharon's addiction – just as they are preparing for their appearance in court; (C) BBC News; Regional News. (C) 752
8.00 Young Apprentice. *See Pick Of The Day.* (C) 5987
9.00 Britain's Hidden Housing Crisis. Britain is in the grip of a housing crisis never seen before. Every two and a half minutes someone in the UK is threatened with losing their home. This *Panorama* special reveals the impact of being evicted by following four stories over five months, including a businessman who loses his family home in the recession, a grandmother who has to stop working because of illness and ends up having her house repossessed, and an investment banker now sleeping rough in a park in Croydon. (C) 6961
10.00 BBC News. (C) 820232
10.25 Regional News; Weather. (C) 548810
10.35 Question Time. David Dimbleby chairs a topical debate from Bristol, with panellists including Defence Secretary Philip Hammond, Shadow Home Office Minister Stella Creasy, novelist Will Self and James Harding, editor of *The Times.* (C) 131042
11.35 This Week. Andrew Neil, Michael Portillo and guests discuss political and parliamentary developments from the past seven days. (C) 412329
12.20am Skiing Weatherview. (C) 4801511
12.25 Sign Zone: The Secret Drone War – Panorama. (R) (C) 4198820
12.55 Sign Zone: Countryfile. (R) (C) 7465337
1.55 Sign Zone: Planet Earth Live: A Meerkat's Tale. (R) (C) 4582630
2.55 Sign Zone: Antiques Roadshow. (R) (C) 7367511
3.55 Sign Zone: Paul Martin's Handmade Revolution. (R) (C) 2753288
4.40 BBC News. (C) 1009761

Pick of the day

Young Apprentice
BBC 1, 8pm
Alan Sugar, pictured, sets the hopefuls their penultimate challenge, which is to select products to sell at Womad, the world music festival, attended by almost 40,000 fans. One trio believe they will clean up with a pedal-powered washing machine, while the other three are sure there is nothing the festival-goers will want more than a portable toilet. The winners will automatically have a place in the final and only one of the losers will join them.

Kirstie's Vintage Home
Channel 4, 8pm
In the last in the current series, Kirstie Allsopp is in the Isle of Wight, where single dad Rich Clarke needs her expert eye to turn his daughters' bedroom into a fabulous space they'll enjoy for years to come. As kids can be notoriously fickle, that's quite a big ask, but by taking seven-year-old Daisy-May and five-year-old Amy's love of butterflies and birds as a starting point and adding a 1970s twist, Kirstie is confident it can be done.

ITV1

6.00am Daybreak. (T) 849351
8.30 Lorraine. (T) 7736416
9.25 The Jeremy Kyle Show. (T) 3779077
10.30 This Morning. (T) 68961
12.30pm Let's Do Christmas with Gino & Mel. (T) 25232
1.30 ITV News and Weather. (T) 57385706
1.55 Anglia News and Weather. (T) 73421597
2.00 Storage Hoarders. (T) 64597
3.00 Dickinson's Real Deal. The team looks for potentially valuable items in Leicester. (T) 7232
3.59 Anglia Weather. (T) 7807481
4.00 Britain's Best Bakery. Three independent Scottish bakeries compete for a place in the final. (T) 7969
5.00 The Chase. Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and secure a cash prize. (T) 9348
6.00 Anglia Tonight; Weather. (T) 684
6.30 ITV News and Weather. (T) 936
7.00 Emmerdale. Rachel is rushed to hospital after going into premature labour, while Debbie ignores Jimmy's advice and meets the detective, determined to sabotage Chas's defence. (T) 4067
7.30 Putting Young Drivers to the Test: Tonight. Jonathan Maitland tests the skills of three young motorists and investigates whether calls for radical changes to the way under-25s learn to drive could save lives. (T) 348
8.00 Emmerdale. Rachel is allowed to see her baby in the incubator, while Jai arrives at the hospital desperate to meet his new son. Debbie decides to be a witness for the prosecution against Chas. (T) 3597
8.30 Coronation Street. Carla opens up to Peter, explaining she cannot face living in Weatherfield with all its bad memories. Jason kisses Stella while she is getting ready to meet a hopeful Karl. (T) 8232
9.00 Pensioners Behind Bars. Retirement is usually a time to take things easy and enjoy a well-earned rest, but in the past 20 years the number of over-60s doing time for a criminal offence has trebled – partly because sentences are becoming harsher and more pensioners are turning to crime. This documentary meets some of those who have been jailed for their offences, as well as career criminals who have hit pensionable age while serving time. They include 70-year-old Gerry Dennis and brother Roy, 69, who have served seven sentences between them, 77-year-old heroin dealer John Douglas, and father-of-five Trevor Cairns, 62, who was caught in possession of cannabis and black-market cigarettes. (T) 8329
10.00 ITV News at Ten and Weather. (T) 96077
10.30 Anglia News and Weather. (T) 233684
10.35 FILM: The River Wild (1994). A white-water rafting expert on holiday with her family is forced to help two fugitives make an escape down a raging river. Thriller, starring Meryl Streep and Kevin Bacon. 68402810
12.35am Jackpot247; ITV News Headlines. 73161578
3.00 Putting Young Drivers to the Test: Tonight. (R) 83664356
3.25 ITV Nightscreen. 5881733
4.35 The Jeremy Kyle Show. (R) (T) 6515004
5.30 ITV Morning News. (T) 44511

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather.

BBC2

6.00am CBeebies: Tikkabilla. (R) (C) 31874 **6.30 Balamory.** (R) (C) 1013042 **6.50 Charlie and Lola.** (R) (C) 4140139 **7.05 Cloudbabies.** (C) 7657139 **7.15 Everything's Rosie.** (R) (C) 7646023 **7.25 Bob the Builder: Project Build It.** (R) (C) 2436226 **7.35 Chuggington.** (R) (C) 7559329 **7.45 Octonauts.** (R) (C) 7466665 **8.00 Tilly and Friends.** (R) (C) 5911042 **8.10 Woolly & Tig.** (R) (C) 5284400 **8.15 Mike the Knight.** (R) (C) 6117232 **8.30 Timmy Time.** (R) (C) 6652597 **8.40 Tweenies.** (R) (C) 9630400 **9.00 Numtums.** (R) (C) 1218941 **9.05 Abadas.** (R) (C) 4756526 **9.15 Alphablocks.** (R) (C) 8963874 **9.20 The Rhyme Rocket.** (R) (C) 6350905 **9.35 The Lingo Show.** (R) (C) 3454665 **9.45 Something Special: We're All Friends.** (C) 3674435 **10.05 Show Me Show Me.** (R) (C) 1317394 **10.35 Let's Play.** (R) (C) 6117868 **10.55 I Can Cook on the Go.** (R) (C) 6207936 **11.10 Mister Maker Comes to Town.** (R) (C) 2140619 **11.30 BBC World News.** (C) 9690 **12.00pm Daily Politics.** (C) 26752 **1.00 Royal Upstairs Downstairs.** (R) (C) 70690 **1.30 To Buy or Not to Buy.** (R) (C) 1723416 **2.15 Weakest Link.** (R) (C) 1410771 **3.00 Real Rescues.** (R) (C) 2849665 **3.45 Flog It!** (C) 1113918 **4.30 Breakaway.** (R) (C) 7928684 **5.15 Put Your Money Where Your Mouth Is.** (R) (C) 4370526
6.00 Celebrity Eggheads. (C) 918
6.30 Strictly Come Dancing – It Takes Two. Fanzine devoted to the ballroom dancing show. (C) 110
7.00 Raymond Blanc's Christmas Feast. The chef serves his own take on festive lunch. (R) (C) 5619
8.00 MasterChef: The Professionals. The finalists' last challenge is to prepare a three-course menu for Gregg Wallace and Michel Roux Jr, who then reveal who has won the competition. Last in the series. (C) 8139
9.00 The Hour. Bel, Freddie and Hector are on the verge of exposing a massive web of corruption, but one of them becomes the focus of a tabloid sex scandal. Last in the series. (C) 4503
10.00 Rhod Gilbert's Work Experience. The comedian becomes a drag artist. (C) 96023
10.30 Newsnight; (C) Weather. (C) 400684
11.20 The Boss Is Back. With circus impresario Gerry Cottle. (C) 322042
11.50 Rolling Stones: Crossfire Hurricane. Part one of two. Documentary charting the 50-year career of the rock band, with contributions by Mick Jagger, Keith Richards, Charlie Watts, Ronnie Wood, Bill Wyman and Mick Taylor. (R) (C) 250416
12.50am Best of the Culture Show. (R) (C) 4829917
1.20 An Island Parish. (R) (C) 6351917
1.50 BBC News. (C) 68302462
4.00 BBC Learning Zone. (C) 37443

Channel 4

6.10am The Hoobs. (R) (T) 5571110 **6.35 The Hoobs.** (R) (T) 7490435 **7.00 Freshly Squeezed.** (T) 73787 **7.30 According to Jim.** (R) (T) 2671503 **7.55 Everybody Loves Raymond.** (R) (T) 2583394 **8.25 Everybody Loves Raymond.** (R) (T) 7881961 **8.55 Frasier.** (R) (T) 5367787 **9.25 Frasier.** (R) (T) 9988597 **9.55 Come Dine with Me.** (R) (T) 1027665 **10.25 Come Dine with Me.** (R) (T) 6898684 **11.00 Come Dine with Me.** (R) (T) 8459 **11.30 Come Dine with Me.** (R) (T) 1058 **12.00pm Come Dine with Me.** (R) (T) 86690 **12.30 Channel 4 News Midday Summary.** (T) 13465315 **12.35 SuperScrimpers.** (T) 3712110 **1.05 FILM: The Bounty Hunter (1954).** A professional manhunter searches for three murderous train robbers who are masquerading as peace-loving residents in a small town. Western, with Randolph Scott and Dolores Dorn. (T) 82080042 **2.40 Countdown.** (T) 7748058 **3.30 1001 Things You Should Know.** (T) 482 **4.00 Deal or No Deal.** (T) 1481 **5.00 Come Dine with Me.** (T) 5955 **5.30 Jamie's 15 Minute Meals.** (T) 313
6.00 The Simpsons. (R) (T) 226
6.30 Hollyoaks. (T) 706
7.00 Channel 4 News. (T) 200058
7.55 4thought.tv. Members of the public discuss whether religious beliefs should ever take precedence over the law. (T) 689665
8.00 Kirstie's Vintage Home. *See Pick Of The Day.* (T) 9435
9.00 Jamie & Jimmy's Food Fight Club. Jamie Oliver and Jimmy Doherty travel to Germany to pit British sausages against foreign alternatives, and Gwyneth Paltrow visits the duo's seaside cafe in Southend to cook pasta. (T) 6771
10.00 The 15-Stone Babies. Documentary investigating the fantasy world of Britain's "adult babies", revealing why some people choose to embrace an alter ego that allows them to wear onesies and nappies. (T) 3087495
11.05 8 Out of 10 Cats. Jimmy Carr hosts the irreverent panel show, in which teams captained by Sean Lock and Jon Richardson answer questions based on opinion polls carried out around the country. (R) (T) 816481
11.55 Ramsay's Kitchen Nightmares USA. The fiery chef comes to the aid of failing American restaurants. (R) (T) 537077
12.50am The Aristocrats: Goodwood. (R) (T) 4937337
1.45 How the Bismarck Sank HMS Hood. (R) (T) 4687284
2.40 Time Team. (R) (T) 7517066
3.35 Unreported World. (R) (T) 77871004
4.00 How Safe Is Your Cash?: Channel 4 Dispatches. (R) (T) 33627
4.30 Deal or No Deal. (R) (T) 6514375
5.25 Countdown. (R) (T) 3685627

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 36482597 **6.10 Igam Ogam.** (R) (T) 36579077 **6.20 Fireman Sam.** (T) 36568961 **6.30 Jelly Jamm.** (R) (T) 67432619 **6.45 Peppa Pig.** (R) (T) 32426481 **6.50 Olive the Ostrich.** (T) 32423394 **6.55 Little Princess.** (R) (T) 85740771 **7.20 The Mr Men Show.** (R) (T) 9891752 **7.35 Thomas & Friends.** (R) (T) 6747684 **7.45 Noddy in Toyland.** (R) (T) 6830348 **8.00 Fifi and the Flowertots.** (R) (T) 4994313 **8.15 Peppa Pig.** (T) 4167936 **8.25 Peppa Pig.** (R) (T) 7638023 **8.30 Roary the Racing Car.** (R) (T) 4463313 **8.40 Milkshake! Monkey.** (R) (T) 2450077 **8.45 Bananas in Pyjamas.** (R) (T) 1667787 **9.00 Tickety Toc.** (R) (T) 8494787 **9.15 The Wright Stuff.** 58763313 **11.10 Build a New Life in the Country.** (R) (T) 3101961 **12.10pm 5 News Lunchtime.** (T) 84176752 **12.15 Build a New Life in the Country – Was It Worth It?** Update on a Victorian water tower conversion in Norfolk. (R) (T) 6485597 **1.15 Home and Away.** Jett brags about escaping punishment for stealing the fireworks. (T) 7399394 **1.45 Neighbours.** (T) 7398665 **2.15 Shark.** An ultimate fighting champion commits suicide. (R) (T) 6561961 **3.15 FILM: Annie Claus Is Coming to Town (2011).** Christmas fantasy, starring Maria Thayer and Sam Page. (T) 73001145 **5.00 5 News at 5.** (T) 2450619 **5.30 Neighbours.** (R) (T) 8897058
6.00 Home and Away. (R) (T) 8714771
6.30 5 News at 6.30. (T) 8705023
7.00 Chris Tarrant: Extreme Railways. Chris travels from Adelaide in South Australia to Darwin in the Northern Territory, following the original ill-fated route of the 2,000-mile long railway line; (R) (T) 5 News Update. (T) 2960619
8.00 World's Strongest Man 2012: Qualifiers. James Richardson presents action from the fourth and penultimate Giants Live Series event, staged at Headingley in Leeds; (T) 5 News at 9. (T) 2873139
9.00 New Cowboy Builders. Dominic Littlewood is drawn into a war of words with a builder accused of ruining a single mother's cottage in Bath, while Melinda Messenger and her team try to repair the property. (T) 2959503
10.00 FILM: Constantine (2005). An exorcist with the ability to see evil spirits engages in a battle to save the world and his own soul. Supernatural thriller, starring Keanu Reeves, Rachel Weisz, Tilda Swinton, Djimon Hounsou and Peter Stormare. (T) 1752329
12.30am SuperCasino. 7486998
3.55 Nick's Quest. (R) (T) 74027375
4.20 HouseBusters. (R) (T) 56658882
4.40 Great Scientists. (R) (T) 99158801
5.10 Michaela's Wild Challenge. (R) (T) 22411375
5.35 Michaela's Wild Challenge. (R) (T) 5475982

FRIDAY December 14

Main Channels

BBC1

6.00am Breakfast. (C) 54246563
9.15 Heir Hunters. (R) (C) 4606066
10.00 Homes Under the Hammer. (R) (C) 17172
10.58 BBC News; Weather. (C) 8900820
11.00 You've Been Scammed. (C) 7004
11.30 Cash in the Attic. (R) (C) 3868646
12.13pm BBC News; Weather. (C) 5676240
12.15 Bargain Hunt. (R) (C) 5484917
1.00 BBC News; Weather. (C) 68004
1.30 Regional News; Weather. (C) 61005004
1.45 Doctors. (C) 532578
2.15 Escape to the Country. (C) 1489801
3.00 BBC News; Weather; Regional News. (C) 4697559
3.05 CBBC: School for Stars 2. (R) (C) Science Fiction. (R) 7855424
3.35 Dennis and Gnasher. (R) (C) 9744202
3.45 League of Super Evil. (R) (C) 9649658
4.00 Scooby-Doo! Mystery Incorporated. (C) Newsround. (C) 288
4.30 Pet School. (C) 7045761
4.55 OOglies. (R) (C) 3457849
5.00 Newsround. (C) 4399743
5.15 Pointless Celebrities. Ray Quinn, Paul Young and Chris Kamara are among the contestants battling it out in a celebrity edition of the unorthodox general knowledge quiz. (C) 5124068
6.00 BBC News; Weather. (C) 337
6.30 Look East; Weather. (C) 917
7.00 The One Show. Chris Evans and Alex Jones round off the week with celebrity guests and stories of interest to the UK. (C) 2191
7.30 Nigel Slater's 12 Tastes of Christmas. The food writer presents the first of two programmes in which he creates a selection of festive dishes, with ideas for both self-indulgence and entertaining; (C) BBC News: Regional News. 801
8.00 EastEnders. Derek angers Tanya by assuming best man duties again, Alfie is puzzled when Kat goes shopping without her purse, and Abi tries to heal the rift between Cora and her mum. (C) 8511
8.30 Outnumbered. Ben is determined to enter a school talent competition, Sue thinks Jake is hiding a secret and two unexpected callers complicate matters for the entire family. 7646
9.00 Have I Got News for You. Ian Hislop and Paul Merton take another sideways look at the week's news, with the help of their fellow panellists and a guest host. (C) 7240
9.30 Live at the Apollo. Cheeky Londoner Lee Nelson plays host for a 'well good' half-hour of stand-up from the Hammersmith Apollo in London, warming up the audience before introducing routines by Canadian funnyman Stewart Francis and observational comic Paul Chowdhry. (C) 33269
10.00 BBC News. (C) 798085
10.25 Regional News; Weather. (C) 848714
10.35 The Graham Norton Show. *See Pick Of The Day.* (C) 816608
11.20 The National Lottery Friday Night Draws. Ronan Keating performs in the studio as OJ Borg presents the Thunderball, EuroMillions and UK Millionaire Raffle draws. (C) 337266
11.30 Would I Lie to You? – The Unseen Bits. Footage from the third series, with guests including Miranda Hart, Terry Christian, Jamelia, Marcus Brigstocke, Fern Britton, Jo Brand, Chris Hoy, Frankie Boyle and Dave Gorman. (R) (C) 83627
12.00am EastEnders. (R) (C) 421202
1.55 Weatherview. (C) 6991592
2.00 Sign Zone: Fake or Fortune? (R) (C) 31134
3.00 Sign Zone: Question Time. (R) (C) 92318
4.00 BBC News. (C) 82115

Pick of the day

The Mentalist

Channel 5, 9pm
The CBI team looks into the death of Cassie Flood, a journalist whose car careered off a winding mountain road. It looks like an accident at first, but Jane soon realises that foul play was involved and the investigation leads to billionaire philanthropist Tommy Volker – and Lisbon and Jane uncover evidence that Cassie was about to blow the whistle on his shady dealings. Guest starring Henry Ian Cusick (*Lost*), with Simon Baker, pictured.

The Graham Norton Show

BBC1, 10.35pm
It's a tight squeeze on the sofa tonight as no less than four stars drop in for a chat – Martin Freeman, who talks about playing the title role in Peter Jackson's new *Lord of the Rings* prequel *The Hobbit: An Unexpected Journey*, comedians Dawn French and Lee Mack, and actress Emma Thompson – who recently stepped into the shoes of Beatrix Potter by writing a new *Peter Rabbit* book.

BBC2

6.00am CBeebies: Tikkabilla. (R) 50172 **6.30 Balamory.** (R) (C) 1080714 **6.50 Charlie and Lola.** (R) (C) 4100511 **7.05 Cloudbabies.** (C) 7617511 **7.15 Everything's Rosie.** (R) (C) 7613795 **7.25 Bob the Builder: Project Build It.** (R) (C) 2403998 **7.35 Chuggington.** (R) (C) 7446801 **7.45 Octonauts.** (R) (C) 7433337 **8.00 Tilly and Friends.** (R) (C) 5988714 **8.10 Woolly & Tig.** (R) (C) 5251172 **8.15 Mike the Knight.** (R) (C) 6011004 **8.30 Timmy Time.** (R) (C) 6629269 **8.40 Tweenies.** (R) (C) 9607172 **9.00 Numtums.** (R) (C) 5513153 **9.05 Abadas.** (R) (C) 3005838 **9.15 Alphablocks.** (R) (C) 2268086 **9.20 The Rhyme Rocket.** (R) (C) 2528907 **9.35 The Lingo Show.** (R) (C) 3421337 **9.45 Something Special: We're All Friends.** (C) 3578207 **10.05 Show Me Show Me.** (R) (C) 1384066 **10.35 Let's Play.** (R) (C) 6177240 **10.55 I Can Cook on the Go.** (R) (C) 6274608 **11.10 Mister Maker Comes to Town.** (R) (C) 2037191 **11.30 BBC World News.** (C) 6375 **12.00pm Daily Politics.** (C) 23882 **1.00 Royal Upstairs Downstairs.** (R) (C) 68086 **1.30 To Buy or Not to Buy.** (R) (C) 1627288 **2.15 Weakest Link.** (R) (C) 1487443 **3.00 Real Rescues.** (R) (C) 2816337 **3.45 Flog It!** (C) 4967630 **4.30 Breakaway.** (C) 7995356 **5.15 Put Your Money Where Your Mouth Is.** (R) (C) 3629838
6.00 Celebrity Eggheads. (C) 207
6.30 Strictly Come Dancing – It Takes Two. (C) 559
7.00 Nigella Express. The cook demonstrates festive food that is quick to prepare. (R) (C) 5743
7.30 Coast. The Devon and Cornwall coastlines. (R) (C) 443
8.00 Mastermind. Specialist subjects include Alan Bennett's *Talking Heads* and the life and career of Michael Foot. (C) 6153
8.30 An Island Parish. The islanders are out in force to welcome a royal visitor to Sark. (C) 5288
9.00 Westminster Abbey. The choir prepares for a visit to Rome to sing at a papal Mass in St Peter's Basilica, and a few archaeological surprises are unearthed when building for a new cafe gets under way. (C) 7733
10.00 QI. Stephen Fry poses obscure questions about jobs to Sarah Millican, David Mitchell, the Rev Richard Coles and regular panellist Alan Davies. (C) 93153
10.30 Newsnight. (C) 87171
11.00 The Review Show. Including a discussion on *The Hobbit: An Unexpected Journey*; (C) Weather. (C) 367917
11.50 Rolling Stones: Crossfire Hurricane. Concluding part of the documentary charting the 50-year career of the band. (R) (C) 691511
12.50am Muddy Waters and the Rolling Stones – Live at the Checkerboard Lounge. (C) 7424080
1.50 BBC News. (C) 68379134

Channel 4

6.10am The Hoobs. (R) (T) 5548882 **6.35 The Hoobs.** (R) (T) 7394207 **7.00 Freshly Squeezed.** (T) 25191 **7.30 According to Jim.** (R) (T) 2575375 **7.55 Everybody Loves Raymond.** (R) (T) 2550066 **8.25 Everybody Loves Raymond.** (R) (T) 7785733 **8.55 Frasier.** (R) (T) 5261559 **9.25 Frasier.** (R) (T) 9955269 **9.55 Come Dine with Me.** (R) (T) 1094337 **10.25 Come Dine with Me.** (R) (T) 6865356 **11.00 Come Dine with Me.** (R) (T) 8694 **11.30 Come Dine with Me.** (R) (T) 1443 **12.00pm Come Dine with Me.** (R) (T) 10820 **12.30 Channel 4 News Midday Summary.** (T) 47760527 **12.35 SuperScrimpers.** (T) 3789882 **1.05 Channel 4 Racing.** Live coverage from Cheltenham. (T) 98869733 **3.30 1001 Things You Should Know.** (T) 191 **4.00 Deal or No Deal.** (T) 1066 **5.00 Come Dine with Me.** (T) 2337 **5.30 Jamie's 15 Minute Meals.** (T) 462
6.00 The Simpsons. (R) (T) 375
6.30 Hollyoaks. (T) 627
7.00 Channel 4 News. (T) 5801
7.30 Unreported World. Reporter Marcel Theroux meets Russian socialite Ksenia Sobchak, who has left TV stardom behind to become a prominent opposition figure to President Vladimir Putin. (T) 699269
7.55 4thought.tv. Members of the public discuss whether religious beliefs should ever take precedence over the law. (T) 117240
8.00 Come Dine with Me. A week of competitive dining on the Wirral near Liverpool, featuring a Scouse girl band, a ghost hunt, a sexy theme, and drinks served in grubby glasses. (T) 9337
9.00 Peter Kay Live at the Top of the Tower. Stand-up comedy from Blackpool, recorded in 2000, with the acclaimed funnyman taking on a variety of comical roles from his often bizarre childhood. (R) (T) 4307085
10.20 Alan Carr: Chatty Man. The host is joined by *Million Pound Drop* presenter Davina McCall, comedian and *8 Out of 10 Cats* captain Jon Richardson and singer Rebecca Ferguson, who performs in the studio. (T) 5442882
11.25 4Funnies: Uncle. A suicidal musician is forced to look after his nephew. Last in the series. (T) 451578
11.55 Full English. Dusty gets a job in banking. (R) (T) 978022
12.30am The Ricky Gervais Show. The friends discuss being an Englishman. (T) 26844
1.00 British Comedy Awards 2012. (R) (T) 304478
2.45 My Name Is Earl. (R) (T) 8030912
3.05 Glory Daze. (T) 1239221
3.50 90210. (T) 9659912
4.30 Deal or No Deal. (R) (T) 6581047
5.25 Countdown. (R) (T) 3652399

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 36459269 **6.10 Igam Ogam.** (R) (T) 36473849 **6.20 Fireman Sam.** (T) 36462733 **6.30 Jelly Jamm.** (R) (T) 67329191 **6.45 Peppa Pig.** (R) (T) 32493153 **6.50 Olive the Ostrich.** (T) 32490066 **6.55 Little Princess.** (R) (T) 80904559 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 9888288 **7.20 The Mr Men Show.** (R) (T) 9868424 **7.35 Thomas & Friends.** (R) (T) 6714356 **7.45 Noddy in Toyland.** (R) (T) 6727820 **8.00 Fifi and the Flowertots.** (R) (T) 4961085 **8.15 Peppa Pig.** (T) 4134608 **8.25 Peppa Pig.** (R) (T) 7605795 **8.30 Roary the Racing Car.** (R) (T) 1566004 **8.45 Bananas in Pyjamas.** (R) (T) 1561559 **9.00 Tickety Toc.** (R) (T) 8398559 **9.15 The Wright Stuff.** 58730085 **11.10 Build a New Life in the Country.** (R) (T) 3005733 **12.10pm 5 News Lunchtime.** (T) 84143424 **12.15 Build a New Life in the Country.** (R) (T) 6452269 **1.15 Home and Away.** (T) 7366066 **1.45 Neighbours.** (T) 7365337 **2.15 The Mentalist.** (R) (T) 6465733 **3.15 FILM: The Good Witch's Gift (2010).** Premiere. Family drama sequel, starring Catherine Bell, Chris Potter and Laura Bertram. (T) 73905917 **5.00 5 News at 5.** (T) 2347191 **5.30 Neighbours.** (R) (T) 8784530
6.00 Home and Away. (R) (T) 8781443
6.30 5 News at 6.30. (T) 8772795
7.00 Cowboy Builders. Dominic Littlewood is drawn into a war of words with a builder accused of ruining a single mother's cottage in Bath, while Melinda Messenger and her team try to repair the property; (R) (T) 5 News Update. (T) 2857191
8.00 North Pole Ice Airport. The base plays host to the North Pole Marathon and American researchers need the help of Camp Barneo's helicopter pilots to investigate whether the polar ice-cap is shrinking; (T) 5 News at 9. (T) 2833511
9.00 The Mentalist. *See Pick Of The Day.* (T) 2853375
10.00 Castle. The murder of a thief is linked to the man Esposito held responsible for the death of his ex-partner and Beckett is attracted to a detective assigned to aid in the investigation. (T) 1515424
10.55 Law & Order: Criminal Intent. A priest persuades Logan to reopen a murder case that pits him against an ambitious assistant district attorney, who is determined to keep the truth a secret. (R) (T) 1267337
11.55 Inside Hollywood. Magazine show. (R) 2694820
12.00am SuperCasino. 7436979
3.50 Motorsport Mundial. 54518757
4.20 HouseBusters. (R) (T) 84722196
4.45 Great Scientists. (R) (T) 71646318
5.10 Michaela's Wild Challenge. (R) (T) 22488047
5.35 Michaela's Wild Challenge. (R) (T) 54726592

ITV1

6.00am Daybreak. (T) 747646
8.30 Lorraine. (T) 7630288
9.25 The Jeremy Kyle Show. (T) 3673849
10.30 This Morning. (T) 78511
12.30pm Let's Do Christmas with Gino & Mel. *Loose Women*'s Sherrie Hewson joins the duo in the kitchen. (T) 51820
1.30 ITV News and Weather. (T) 57289578
1.55 Anglia News and Weather. (T) 73498269
2.00 Storage Hoarders. (T) 73240
3.00 Dickinson's Real Deal. (T) 4917
3.59 Anglia Weather. (T) 7874153
4.00 Britain's Best Bakery. Four bakeries compete in the Northern Regional final. (T) 3424
5.00 The Chase. Quiz show, hosted by Bradley Walsh. (T) 6530
6.00 Anglia Tonight; Weather. (T) 733
6.30 ITV News and Weather. (T) 135
7.00 Emmerdale. Rachel hastily organises a christening for her son, fearing he might not pull through, while Rishi warns Jai to keep his distance from the new mother to allay Charity's suspicions. Cameron visits Chas in prison and breaks the news that Debbie plans to give evidence against her. (T) 4559
7.30 Coronation Street. Carla shocks Peter by revealing she's booked them a flight to LA that afternoon. As they prepare to depart for the airport, will he be able to face leaving Simon again? Having spent the night with Jason, Stella bundles him out of the back door to avoid being seen by Eva, Chesney accuses Tyrone of sleeping with Fiz, and Lloyd reports to Steve that all their drivers are being delayed by lollipop men across town. (T) 269
8.00 You've Been Framed! Including a granny who has an accident while riding a scooter, a troublesome toy and mishaps on quad bikes. Narrated by Harry Hill. (R) (T) 3207
8.30 Coronation Street. Peter is stunned when Simon turns up at the airport to say goodbye, Eileen criticises Stella for seducing Jason, and Steve's cabs are held in by a troop of lollipop men and women. (T) 2714
9.00 A Night of Heroes – The Military Awards. Phillip Schofield and Amanda Holden present the fifth annual gala event from London's Imperial War Museum, honouring brave and selfless acts by Britain's armed forces. They are joined by a host of stars from the worlds of film, TV, sport and music, including Ricky Gervais, David Jason and James Nesbitt, plus senior members of the royal family. Frank Lampard, Myleene Klass and Jeremy Clarkson are among the judges selecting award. (T) 3527
10.30 ITV News and Weather. (T) 87117
11.00 Anglia News and Weather. (T) 632838
11.10 FILM: Hard Target (1993). An out-of-work merchant sailor investigates sadistic hunters who stalk human prey in New Orleans. Thriller, starring Jean-Claude Van Damme and Yancy Butler. (T) 330849
12.50am The Store; ITV News Headlines. 58042912
2.55 FILM: Disclosure (1994). An executive uncovers a scandal in his company while fighting his boss's false claims of sexual harassment. Thriller, starring Michael Douglas. (T) 99627554
5.00 ITV Nightscreen. 19234
5.30 ITV Morning News. (T) 41641

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 11.00 Local News and Weather.

SATURDAY December 15

Main Channels

BBC1

6.00am Breakfast. (C) 6979080

10.00 Saturday Kitchen Live. With chefs Gennaro Contaldo and Rick Stein, who also features in archive clips along with Lorraine Pascale, Rachel Khoo and Raymond Blanc. Susie Barrie provides advice on wine. (C) 54776

11.30 Baking Made Easy. Lorraine Pascale focuses on dishes that are visually stunning but easy to cook, preparing tarte Tatin, chorizo and thyme fougasse and a three-tier cake. (R) (C) 2405

12.00pm BBC News; Regional News; Weather. (C) 5822776

12.15 Football Focus. Dan Walker and guests review the week's action, discuss the latest headlines, and preview the weekend's matches in the Premier League, Football League and SPL. (C) 5451689

1.00 Bargain Hunt. The team heads to Alexandra Palace in London, where Philip Serrell finds an old-fashioned radio, and David Barby has high hopes for a desk tidy. (R) (C) 89738

1.30 Gymnastics: World Cup. Sonali Shah presents action from the 10th and final World Cup meeting of the season, held at the Emirates Arena in Glasgow. (C) 803028

4.00 Final Score. Mark Chapman presents a round-up of this afternoon's results from the Premier League, Football League and Scotland. (C) 6875221

5.25 BBC News; Regional News; Weather. (C) 5444432

5.45 A Question of Sport: Sports Personality 2012 Special. Sue Barker asks the questions in a *BBC Sports Personality of the Year* edition of the quiz, with former winners Joe Calzaghe, Steve Redgrave and Mary Peters. (C) 902509

6.30 Strictly Come Dancing. Bruce Forsyth and Tess Daly host the semi-final, in which the five remaining couples battle it out on the ballroom floor for a coveted place in next week's final. The results are tomorrow at 6.50pm. (C) 51753196

8.15 Merlin. Mordred becomes torn between loyalty and love, little realising the path he chooses will shape Camelot's destiny – and as the drums of war beat louder, Merlin feels trapped by the cruel circle of fate. Can he really do nothing to stop his dreams of Albion crumbling to dust? Fantasy drama, starring Colin Morgan and Alexander Vlahos. (C) 208825

9.00 The National Lottery Saturday Night Draws. OJ Borg presents as the balls are set rolling to decide the all-important numbers. Including the Lotto and Thunderball draws and Lotto Plus 5 results. (C) 177660

9.15 Casualty. Tensions rise once again between warring medics Tom and Dominic as they argue over the treatment of a baby with severe hypothermia, while Dylan finally admits he has not moved on from Sam. Medical drama, starring Oliver Coleman, Gary Cady and William Beck. (C) 301757

10.05 BBC News; Weather. (C) 119931

10.25 Match of the Day. Dan Walker presents highlights of today's Premier League clashes, including Newcastle United v Manchester City and Manchester United v Sunderland; (C) National Lottery Update. (C) 2308432

11.45 The Football League Show. Manish Bhasin presents highlights and all the goals from today's fixtures in the Championship, League One and League Two, including Blackpool v Blackburn Rovers at Bloomfield Road. (C) 690399

1.00am Weatherview. (C) 6301603

1.05 BBC News. (C) 92383852

Pick of the day

10 Years of Girls Aloud

ITV1, 9pm

The story of the girl group, pictured, from their formation on *Popstars: The Rivals* in 2002 to the release of their greatest hits album a decade later. The documentary celebrates the band's biggest hits, explores solo projects such as Cheryl Cole's recent UK tour, Sarah Harding's film work and Nicola Roberts' passion for fashion, and catches up with all five a month before they go public with the announcement of their reunion.

Stephen Fry: Gadget Man

Channel 4, 8.30pm

A look at the use of technology for entertainment purposes, testing engaging gizmos including a remote-controlled pet, an automatic cocktail maker and a futuristic pool table that lines up a player's shots. Jeremy Clarkson helps the *QI* host try to overhaul traditional pub games by replacing them with gadgets and Stephen attempts to build the biggest computer game ever seen.

BBC2

6.00am CBeebies: Tikkabilla. (R) (C) 57202 **6.30 Balamory.** (R) (C) 1057486 **6.50 Charlie and Lola.** (R) (C) 4177283 **7.05 Cloudbabies.** (R) (C) 7684283 **7.15 Everything's Rosie.** (R) (C) 7680467 **7.25 Bob the Builder: Project Build It.** (R) (C) 2463370 **7.35 Chuggington.** (R) (C) 7413573 **7.45 Octonauts.** (R) (C) 7400009 **8.00 Tilly and Friends.** (R) (C) 5955486 **8.10 Woolly & Tig.** (R) (C) 5228844 **8.15 Mike the Knight.** (R) (C) 6088776 **8.30 Timmy Time.** (R) (C) 6689641 **8.40 Tweenies.** (R) (C) 9674844 **9.00 Baby Jake.** (R) (C) 6950509 **9.10 ZingZillas.** (R) (C) 6584015 **9.25 Mr Bloom's Nursery.** (R) (C) 2770554 **9.45 Something Special: Out and About.** (R) (C) 3545979 **10.05 Let's Play.** (R) (C) 1363573 **10.30 Get Well Soon.** (R) (C) 6255573 **10.45 Nina and the Neurons: In the Lab.** (R) (C) 6250028 **11.00 Justin's House.** (R) (C) 8952283 **11.25 I Can Cook on the Go.** (R) (C) 3780405 **11.40 Mister Maker Comes to Town.** (R) (C) 6719573 **12.00pm Animal Park.** (R) (C) 39660 **1.00 Coast.** (R) (C) 92546660 **1.20** FILM: **Holiday Affair (1949).** Comedy, starring Janet Leigh. (C) 3459592 **2.45** FILM: **The War Lover (1962).** Second World War drama, starring Steve McQueen. (C) 14658221 **4.30 Escape to the Country.** (R) (C) 49912 **5.30 Flog It!** (R) (C) 94028

6.30 The Hairy Bikers: Mums Know Best at Christmas. (R) (C) 78592

7.30 Don't Panic! The Dad's Army Story. Victoria Wood pays tribute to the timeless humour of *Dad's Army*, introducing classic moments from the long-running series. Contributors include Ian Lavender and Clive Dunn. (R) (C) 653496

8.20 Dad's Army. Mainwaring's men face the might of a rival platoon in a battle to prove their worth. Arthur Lowe and John Le Mesurier play the superannuated soldiers. (R) (C) 975950

9.20 Clive Dunn: A Tribute. Family, colleagues and friends pay tribute to much-loved actor Clive Dunn, who died in November and was best known for his role as Lance-Corporal Jones in classic sitcom *Dad's Army*. (C) 554912

10.00 Jools Holland: My Life in Music. The musician and Later host talks about his life and career, with contributions by Tom Jones, Hugh Laurie, Stephen Fry, Paul Weller, Bob Geldof and Vic Reeves. (C) 4592

11.00 Later with Jools Holland and Friends. A compilation of Jools' performances with his guests. (C) 97757

12.00am FILM: **Savage Grace (2007).** Fact-based drama, starring Julianne Moore. (C) 16413

1.30 FILM: **Priceless (2006).** Premiere. Romantic comedy, starring Audrey Tautou and Gad Elmaleh. (C) 395595

3.10 Close

Channel 4

6.10am The Hoobs. (R) (T) 5515554 **6.35 The Grid.** (R) (T) 7361979 **7.00 Teenage Superhumans.** (T) 3291592 **7.55 The Morning Line.** (T) 4852080 **8.55 T4: Rockcorps 2012.** (T) 6684196 **9.10 T4: The Hobbit: T4 Movie Special.** (T) 6421467 **9.45 T4: Will & Grace.** (R) (T) 771757 **10.15 T4: Everybody Loves Raymond.** (R) (T) 763738 **10.45 T4: Everybody Loves Raymond.** (R) (T) 762009 **11.15 T4: Frasier.** (R) (T) 2089554 **11.40 T4: Frasier.** (R) (T) 4987478 **12.10pm T4: The Big Bang Theory.** (R) (T) 8481660 **12.40 T4: The Big Bang Theory.** (R) (T) 3755825 **1.10 T4: The Simpsons.** Homer is accused of sexual harassment. (R) (T) 4632979 **1.45 Channel 4 Racing.** Alastair Down presents live coverage of six races. From Cheltenham, races start at 1.55, 2.30, 3.05 and 3.40. From Doncaster at 2.45 and 3.20. (T) 79668234 **3.55 The Simpsons.** (R) (T) 5415399 **4.25 Come Dine with Me: Ireland.** (T) 7852931 **4.55 Come Dine with Me: Ireland.** (T) 8409660 **5.25 Come Dine with Me: Ireland.** (T) 6135414

6.00 Come Dine with Me: Ireland. Yoga teacher Dervil Fleming hosts the fourth dinner party from Co Kerry, but her efforts to have a calm evening without confrontations are scuppered by Audrey's attitude. (T) 196

6.30 Come Dine with Me: Ireland. Music teacher Sean Treacy hosts the final dinner party of the week, but his chances of winning the 1,000-euro prize are jeopardised when his main course fails to impress. (T) 281196

6.55 Channel 4 News. (T) 284283

7.25 4thought.tv. Members of the public discuss whether religious beliefs should ever take precedence over the law. (T) 232115

7.30 Heston's Fantastical Food. Heston Blumenthal fills a theme park with super-sized versions of lunchbox favourites, including a massive bag of Hula Hoops and the world's biggest KitKat. (R) (T) 86757

8.30 Stephen Fry: Gadget Man. *See Pick Of The Day.* (R) (T) 9196

9.00 FILM: **The Twilight Saga: Eclipse (2010).** Premiere. Bella Swan's supernatural love triangle threatens to ignite a conflict between vampires and werewolves. Romantic fantasy sequel, with Kristen Stewart and Robert Pattinson. (T) 645931

11.30 FILM: **Remember Me (2010).** Premiere. Two troubled souls find peace with one another until the forces that brought them together pull them apart. Romantic drama, with Robert Pattinson and Emilie de Ravin. (T) 63863

1.30am FILM: **The Escapist (2008).** British jail-break thriller, starring Brian Cox. (T) 916413

3.10 Hollyoaks. (T) 19100852

5.20 Countdown. (R) (T) 3540500

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 59640028 **6.05 Roary the Racing Car.** (R) (T) 36418912 **6.15 Fifi and the Flowertots.** (R) (T) 36432592 **6.25 Bert and Ernie's Great Adventures.** (R) (T) 59652863 **6.30 The Mr Men Show.** (R) (T) 67396863 **6.45 Olive the Ostrich.** (T) 32460825 **6.50 Abby's Flying Fairy School.** (R) (T) 32481318 **7.00 Roobarb and Custard Too.** (R) (T) 9859776 **7.10 Bananas in Pyjamas.** (R) (T) 9839912 **7.25 Animal Antics.** (R) (T) 1898689 **7.30 Make Way for Noddy.** (R) (T) 6782757 **7.40 City of Friends.** (R) (T) 6795221 **7.55 Little Princess.** (R) (T) 6785844 **8.10 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 8462047 **8.30 Angelina Ballerina.** (T) 1533776 **8.45 Rupert Bear.** (R) (T) 1521931 **9.00 Ben and Holly's Little Kingdom.** (R) (T) 8358931 **9.15 Toby's Travelling Circus.** (R) (T) 1730825 **9.30 Roary the Racing Car.** (R) (T) 8312283 **9.45 Jelly Jamm.** (R) (T) 8317738 **10.00 Power Rangers: Super Samurai.** (T) 8829047 **10.35 ThunderCats.** (T) 7836478 **11.10 Chinese Food in Minutes.** (R) (T) 86410641 **11.20 Highland Emergency.** (R) (T) 5537592 **11.55 The Gadget Show.** (R) (T) 8369844 **12.55pm Chris Tarrant: Extreme Railways.** (R) (T) 3784680 **1.55** FILM: **A Grandpa for Christmas (2007).** Family comedy, starring Ernest Borgnine. (T) 80908757 **3.35** FILM: **Meet the Santas (2005).** Fantasy comedy sequel, with Steve Guttenberg. (T) 3241283 **5.20 5 News Weekend.** (T) 31203991 **5.25** FILM: **Mrs Miracle (2009).** Family drama, starring Doris Roberts. (T) 76498863

7.20 FILM: **An Old Fashioned Christmas (2010).** Premiere. A wealthy woman visits an Irish earl in the hope he can help her grand-daughter's literary career. Period drama sequel, with Jacqueline Bisset and Catherine Steadman. (T) 92571467

9.00 Greatest Christmas TV Moments. Countdown of 50 festive crackers past and present, including classic soap moments, dramatic endings, sitcom specials, comedy sketches and light entertainment highlights that have made the television set the focus of the holiday season for decades. (R) (T) 58993221

11.55 Inside Hollywood. Magazine show, with location reports, news and views from behind the scenes. 2661592

12.00am SuperCasino. 7496351

4.00 Michaela's Wild Challenge. (R) (T) 84702332

4.25 Great Artists. (R) (T) 84625239

4.50 Rough Guide to Beaches. (R) (T) 52977332

5.05 Hana's Helpline. (R) (T) 13688332

5.15 The Milkshake! Show. (R) (T) 22447790

5.40 Thomas & Friends. (R) (T) 88422500

5.50 Roary the Racing Car. (R) (T) 88413852

ITV1

6.00am CITV: Babar and the Adventures of Badou. (R) (T) 6230573

6.10 Babar and the Adventures of Badou. (R) (T) 3519318

6.25 The Hive. (R) (T) 6219080

6.35 The Hive. (R) (T) 4187660

6.45 The Hive. (R) (T) 3062405

6.50 Canimals. (R) 3043370

7.00 Canimals. (R) 2464009

7.05 Fleabag Monkeyface. (R) (T) 4906202

7.20 Fleabag Monkeyface. (R) (T) 2477573

7.25 Almost Naked Animals. (R) 7697757

7.40 Almost Naked Animals. (R) 5457912

7.50 Horrid Henry. (R) (T) 7412844

8.05 Horrid Henry. (R) (T) 5941283

8.15 Horrid Henry. (R) (T) 6075202

8.30 Fort Boyard Ultimate Challenge. (T) 7690660

9.25 ITV News. (T) 6763496

9.30 The Jeremy Kyle Show USA. (T) 5734370

10.20 The Jeremy Kyle Show USA. (T) 6723399

11.15 Murder, She Wrote. (R) (T) 9231979

12.20pm ITV News and Weather; Weather. (T) 5658844

12.30 Holiday Home Sweet Home. Lisa Faulkner visits an eco-friendly holiday park in Cornwall. (T) 34370

1.30 Holiday Home Sweet Home. On a visit to Warwickshire, Lisa Faulkner meets holidaymakers staying in a house built around the ruins of an ancient castle. (T) 42399

2.30 Midsomer Murders. A new war memorial in Midsomer Parva stirs up an old feud between the Hammonds and their neighbours the Hickses, whose ancestor was shot for cowardice at the Somme. (R) (T) 73475318

4.25 All Star Family Fortunes. Vernon Kay hosts the game show, with Ryan Thomas (Corrie's Jason Grimshaw) taking on Lucy Benjamin (who played Lisa Fowler in *EastEnders*). (R) (T) 3361047

5.15 Anglia News and Weather. (T) 2268554

5.30 ITV News and Weather. (T) 704196

5.45 FILM: **Back to the Future Part II (1989).** Teenager Marty McFly travels into the future to save his kids from a terrible fate and ends up changing history. Sci-fi comedy sequel, with Michael J Fox and Christopher Lloyd. (T) 34870991

7.40 Take Me Out Celebrity Christmas Special. Keith Lemon, Joe Swash and Matt Johnson try to impress a line-up of 30 single women from series past and present and win a date to the Isle of Fernandos. Last in the series. (T) 580028

9.00 10 Years of Girls Aloud. *See Pick Of The Day.* (T) 4376115

10.20 ITV News and Weather; Local Weather. (T) 478196

10.35 Michael Bublé: Home for Christmas. One-off special in which the Canadian crooner entertains an audience, performing classic festive songs from his 2011 Christmas album and collaborating with Kelly Rowland. (R) (T) 9694216

11.50 FILM: **Captivity (2007).** A successful model is captured by a sadistic madman and subjected to a series of twisted torments in his underground lair. Horror, starring Elisha Cuthbert. (T) 313738

1.15am The Store; ITV News Headlines. 593806

3.00 In Plain Sight. (R) (T) 3652968

3.40 ITV Nightscreen. 265413

5.30 ITV Morning News. (T) 77239

ITV1 Central

As ITV1 Anglia except: 5.15pm Central News and Weather. (T)

Movies

SKY PREMIERE

8.00pm Safe House. (2012) A CIA agent has to protect a captured fugitive from mercenaries, but also has to resist his prisoner's mind games. Thriller, with Denzel Washington and Ryan Reynolds.

10.00 Project X. (2012) Three teenagers boost their social standing by throwing a wild party and capturing the mayhem on camera. Comedy, with Thomas Mann, Oliver Cooper and Jonathan Daniel Brown.

SKY ACTION & ADVENTURE

9.00pm Immortals. (2011) A man is chosen by the Greek gods to prevent a power-mad king from conquering the human and immortal worlds. Mythological adventure, with Henry Cavill and Mickey Rourke.

SKY CLASSICS

9.00pm Three Days of the Condor. (1975) A CIA researcher uncovers a high-level conspiracy, and is targeted for assassination. Sydney Pollack's thriller, with Robert Redford and Faye Dunaway.

William Shakespeare's Romeo + Juliet, Sky Drama & Romance, 8pm

SKY COMEDY

8.00pm Jack and Jill. (2011) A successful advertising executive receives an unwelcome visit from his annoying sister, who refuses to leave. Comedy, starring Adam Sandler, Katie Holmes and Al Pacino.

9.40 The 40 Year Old Virgin. (2005) A man who has never had sex is set up on a series of dates, only to fall for a woman who does not want a physical relationship. Judd Apatow's comedy, starring Steve Carell, Catherine Keener and Paul Rudd.

SKY DRAMA & ROMANCE

8.00pm William Shakespeare's Romeo + Juliet. (1996) The children of two feuding families fall in love, with tragic results. Baz Luhrmann's modern update of Shakespeare's tragic love story, starring Leonardo DiCaprio and Claire Danes.

10.00 What's Your Number? (2011) A single woman seeks her neighbour's help in tracking down her ex-boyfriends so she can see what she is missing. Romantic comedy, starring Anna Faris and Chris Evans.

SKY FAMILY

8.30pm Harry Potter and the Deathly Hallows: Part 1. (2010) The teenage wizard searches for the magical artefacts that will allow him to destroy the evil Voldemort. Fantasy adventure, starring Daniel Radcliffe.

SKY INDIE

7.45pm The Lady. (2011) Biopic of Burmese democracy activist Aung San Suu Kyi, following her 15 years held under house arrest by the military junta. Starring Michelle Yeoh.

10.00 Boogie Nights. (1997) A high-school dropout lands a job with a director in the porn industry – but fame comes at a price. Drama, with Mark Wahlberg and Burt Reynolds.

SKY MODERN GREATS

8.00pm Philadelphia. (1993) A gay lawyer with Aids turns to a former courtroom rival to prove his ex-employers have discriminated against him. Drama, starring an Oscar-winning Tom Hanks with Denzel Washington.

10.10 Se7en. (1995) Two detectives hunt a killer who has committed a series of sadistic murders as punishment for the seven deadly sins. David Fincher's thriller, starring Brad Pitt and Morgan Freeman.

SKY SCI-FI/HORROR

9.00pm In Time. (2011) A man sets out to redress the balance of power in a future where the rich have the means to live forever. Sci-fi thriller, starring Justin Timberlake.

FILM4

11.00am Town on Trial. (1957) **1.00pm Never Been Kissed.** (1999) **3.05 The Poseidon Adventure.** (1972) **5.25 Ice Age: The Meltdown.** (2006) **7.10 The Wedding Date.** (2005) **8.50 The Hobbit Interview Special. 9.00 Transporter 3.** (2008) Action thriller sequel, starring Jason Statham. **11.05 The Final Destination.** (2009) **12.40am Rec 2.** (2009) **2.20 Strange Wilderness.** (2008) **4.00 Close.**

TCM

6.50am The High Chaparral. 7.50 The High Chaparral. 8.50 The Story of Will Rogers. (1952) **10.55 Gunfighters of Casa Grande.** (1964) **12.45pm Scrooge.** (1970) **3.00 Union Station.** (1950) **4.35 The Thomas Crown Affair.** (1968) **6.30 Trail of Robin Hood.** (1950) **7.45 Twilight in the Sierras.** (1949) **9.00 The League of Extraordinary Gentlemen.** (2003) Comic-book fantasy adventure, with Sean Connery. **11.15 The Newton Boys.** (1998) **1.25am The League of Extraordinary Gentlemen.** (2003) **3.20 Deaf Smith & Johnny Ears.** (1973) **5.00 Off Set. 5.15 Twilight in the Sierras.** (1949)

Radio

BBC RADIO 2

(FM: 88-90.2MHZ)
6.00am Anneka Rice. **8.00** Sounds of the 60s. **10.00** Graham Norton. **1.00pm** Pick of the Pops. **3.00** Dermot O'Leary. **6.00** Liza Tarbuck. **8.00** Paul Gambaccini with America's Greatest Hits. Records from this week's US charts and the past six decades, plus tracks from a landmark album. **10.00** Dave Pearce: Dance Years. The DJ explores dance down the decades. **12.00am** Bob Harris Sunday. **3.00** Richard Allinson.

BBC RADIO 3

(FM: 90.2-92.4MHZ)
7.00am Breakfast. **9.00** News. **9.03** CD Review. **12.15pm** Music Matters. **1.00** News. **1.02** The Early Music Show. **2.00** Radio 3 Lunchtime Concert. **3.00** Saturday Classics. **5.00** Jazz Record Requests. **5.45** Opera on 3. **10.30** Hear and Now. Sara Mohr-Pietsch and Robert Worby introduce more highlights from the Huddersfield Contemporary Music Festival, featuring performances by the Arditti and Bozzini Quartets. **12.00am** Geoffrey Smith's Jazz. **1.00** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am (FM) News and Papers. **6.07** (FM) Costing the Earth – Future Forests. **6.30** (FM) Farming Today This Week. **6.57** (FM) Weather. **7.00** (FM) Today. **8.51** (LW) Yesterday in Parliament. **8.58** (LW) Test Match Special. **9.00** (FM) Saturday Live. **10.30** (FM) The Actor's Gang. **11.00** The Week in Westminster. **11.30** From Our Own Correspondent. **12.00pm** News. **12.01** (LW) Shipping Forecast. **12.04** Money Box. **12.30** The Now Show. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.30** Saturday Drama: Pinocchio. **3.30** An Alternative Christmas. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** iPM. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** From Fact to Fiction. **7.15** Saturday Review. **8.00** Archive on 4: Nixon at 100. David Frost revisits his interviews with disgraced US president Richard Nixon. **9.00** Classic Serial: The Count of Monte Cristo. By Alexandre Dumas. Dramatised by Sebastian Baczkiewicz. **10.00** News and Weather. **10.15** Unreliable Evidence. **11.00** Brain of Britain. **11.30** Poetry Please. **12.00am** News and Weather. **12.30** Rhys Davies Competition Winners. **12.48** Shipping Forecast. **1.00** World Service. **4.00** (LW) Test Match Special. **4.00** (FM) News. **5.20** Shipping Forecast. **5.30** (LW) Test Match Special. **5.30** (FM) News Briefing. **5.43** (FM) Bells on Sunday. **5.45** (FM) Four Thought.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Jane Smith. **9.00** Gillham Gold. **12.00pm** Nick Carter. **2.00** (MW) Sport. **2.00** (FM) Sport. **6.00** Rock 'n' Roll Heaven. **8.00** Richard Spendlove. Call 08453 050007. **11.00** Paul Barnes. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHz)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Lion Man. **6.30** Lion Man. **7.00** UK Border Force.† **8.00** UK Border Force.† **9.00** WWE Superstars.† **10.00** Soccer AM. **12.00pm** WWE TLC Preview. **12.30** The Hobbit: Premiere Special.† **1.00** Modern Family.† **1.30** Modern Family.† **2.00** Modern Family.† **2.30** Modern Family.† **3.00** Modern Family.† **3.30** The Middle.† **4.00** The Middle.† **4.30** The Middle.† **5.00** The Middle.† **5.30** The Middle.† **6.00** Rebecca Front's Little Cracker.† **6.30** Joanna Lumley's Little Cracker.† **7.00** Hawaii Five-0.† **8.00** Hawaii Five-0.† **9.00** FILM: Hide and Seek.† (2005) Horror, starring Robert De Niro. **10.55** Road Wars. **11.55** Caribbean Cops.† **12.55am** Caribbean Cops.† **1.55** Big Trouble in Thailand. **2.55** Inside Gatwick.† **3.55** Futurama: Welcome to the World of Tomorrow. **4.10** Don't Forget the Lyrics.† **5.00** Best of Oops TV.†

GOLD

6.00am 2point4 Children. **6.30** Waiting for God. **7.05** 2point4 Children. **7.45** As Time Goes By. **8.50** Whatever Happened to the Likely Lads? **9.30** Creature Comforts. **10.00** Rock & Chips. **12.00pm** Last of the Summer Wine. **12.45** Bring Me Morecambe & Wise. **1.45** As Time Goes By. **2.50** As Time Goes By. **4.00** Rock & Chips. **6.00** Being Ronnie Corbett. **7.20** Ronnie Corbett's Supper Club. **8.25** The Two Ronnies: The Studio Recordings. **9.00** The One Ronnie. **10.00** The Royle Family. **11.20** French and Saunders. **12.00am** Gimme Gimme Gimme. **12.40** The Royle Family. **1.50** French and Saunders. **2.20** Gimme Gimme Gimme. **3.00** Close.

SKY LIVING

6.00am Passport Patrol. **6.30** Passport Patrol. **7.00** Maury. **8.00** Ghost Whisperer.† **9.00** RSPCA Animal Rescue. **9.30** RSPCA Animal Rescue. **10.00** Show Me Your Wardrobe.† **10.30** RSPCA Animal Rescue. **11.00** Fat Families.† **12.00pm** Fat Families.† **1.00** America's Next Top Model.† **2.00** Passport Patrol. **2.30** Passport Patrol. **3.00** Passport Patrol. **3.30** Passport Patrol. **4.00** Show Me Your Wardrobe.† **4.30** Passport Patrol. **5.00** Nothing to Declare. **5.30** Nothing to Declare. **6.00** Nothing to Declare. **6.30** Nothing to Declare. **7.00** Show Me Your Wardrobe.† **7.30** Nothing to Declare. **8.00** Nothing to Declare. **8.30** Nothing to Declare. **9.00** Ladyboys.† **10.00** Criminal Minds.† **11.00** Bones.† **12.00am** Bones.† **1.00** Bones.† **1.50** Fat Families.† **2.40** Fat Families.† **3.30** Nothing to Declare.† **3.55** Nothing to Declare.† **4.20** Nothing to Declare.† **4.45** Nothing to Declare.† **5.10** Passport Patrol. **5.35** Passport Patrol.

NAT GEOGRAPHIC

6.00am Teleshopping. **6.30** Teleshopping. **7.00** Teleshopping. **7.30** Teleshopping. **8.00** Air Crash Investigation.† **9.00** Air Crash Investigation.† **10.00** Air Crash Investigation.† **11.00** Air Crash Investigation.† **12.00pm** Air Crash Investigation.† **1.00** Air Crash Investigation.† **2.00** Air Crash Investigation.† **3.00** Titanic: The Final Secret.† **4.00** Titanic: The Final Word With James Cameron.† **6.00** Concordia Disaster: Caught On Camera.† **7.00** Test Your Brain.† **8.00** Earth's Giant Hole.† **9.00** Return to the Giant Crystal Cave.† **10.00** Death Row Texas.† **11.00** Las Vegas Lock Up.† **12.00am** Extreme Prison Gangs.† **1.00** Yakuza: Gangster Brotherhood.† **2.00** Teleshopping. **2.30** Teleshopping. **3.00** Seconds from Disaster.† **3.45** Test Your Brain.† **4.30** World Record Cruise Ship.† **5.15** Doomsday 2210?†

DISCOVERY

6.00am World's Lost Tribes: The New Adventures of Mark and Olly. **7.00** Nasa's Greatest Missions. **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** Swamp Loggers.† **1.00** Swamp Loggers.† **2.00** Swamp Loggers.† **3.00** Swamp Loggers.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made. **5.30** How It's Made. **6.00** Auction Hunters.† **6.30** Auction Hunters.† **7.00** You Have Been Warned.† **8.00** Jungle Gold.† The rookie miners hope to find enough gold to secure their families' futures. **9.00** Dual Survival.† **10.00** First Week In.† **11.00** Death Machines.† **12.00am** Jungle Gold.† **1.00** Moonshiners.† **2.00** Mythbusters.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Meerkat Manor.

† Indicates a programme is available in High Definition

Freeview

BBC THREE

7.00pm Doctor Who. **8.05** Top Gear. **9.15** Russell Howard's Good News Extra. **10.00** FILM: Kill Bill: Vol 1. (2003) Martial arts thriller, with Uma Thurman and Lucy Liu. **11.45** Family Guy. **12.05am** Family Guy. **12.25** American Dad! **12.50** American Dad! **1.10** Impractical Jokers. **1.40** Him & Her. **2.10** Russell Howard's Good News Extra. **2.55** Pramface. **3.25** Pramface. **3.55** Close.

BBC FOUR

7.00pm Around the World in 60 Minutes. **8.00** David Attenborough's First Life. **9.00** The Killing III.† **10.00** The Killing III.† **11.00** The Making of Elton John: Madman Across the Water. **12.00am** Sings James Bond. **1.00** Timeshift: Wrestling's Golden Age: Grapples, Grunts and Grannies. **2.00** Top of the Pops: 1977. **2.35** The Making of Elton John: Madman Across the Water. **3.35** Close.

E4

6.00am Heartland. **6.45** Scrubs. **7.10** Scrubs. **7.35** Scrubs. **8.05** Scrubs. **8.35** Scrubs. **9.05** Scrubs. **9.35** Scrubs.† **10.05** Charlie's Angels.† **11.00** How I Met Your Mother.† **11.30** How I Met Your Mother.† **12.00pm** Scrubs. **12.30** Scrubs. **1.00** Suburgatory.† **1.25** Made in Chelsea.† **2.30** The Big Bang Theory.† **3.00** The Big Bang Theory.† **3.30** The Big Bang Theory.† **4.00** The Big Bang Theory.† **4.30** The Big Bang Theory.† **5.00** The Big Bang Theory.† **5.30** The Big Bang Theory.† **6.00** The Big Bang Theory.† **6.30** The Big Bang Theory.† **7.00** How I Met Your Mother.† **7.30** How I Met Your Mother.† **8.00** Rules of Engagement.† **8.30** Rules of Engagement.† **9.00** Derren Brown: The Secret of Luck.† **10.00** FILM: Hostage.† (2005) Thriller, with Bruce Willis and Kevin Pollak. **12.20am** The Big Bang Theory.† **12.50** The Big Bang Theory.† **1.15** 2 Broke Girls.† **1.45** The Inbetweeners Rude Road Trip.† **2.15** Tool Academy: Boyfriends Behaving Badly.† **3.10** Derren Brown: The Secret of Luck.† **4.05** Ugly Betty. **4.50** Ugly Betty.

MORE4

8.55am Time Team. **10.00** Time Team. **11.05** Time Team. **12.05pm** Time Team. **1.10** FILM: Cat Ballou. (1965) Musical comedy Western, with Jane Fonda and Lee Marvin. **3.00** Kirstie's Home for Christmas. **4.05** River Cottage Christmas. **5.10** River Cottage Christmas Fayre. **6.15** Jamie's Family Christmas. **6.50** A SuperScrimpers Christmas. **7.55** Celebrity Come Dine with Me Christmas Special. **9.00** The 100 Greatest Christmas Moments. **12.55am** Embarrassing Fat Bodies. **2.00** The Food Hospital. **3.00** The Genius of British Art. **4.10** Close.

ITV2

6.00am The Planet's Funniest Animals. **6.20** Gossip Girl.† **7.10** Coronation Street.† **10.00** Emmerdale.† **1.00pm** The X Factor USA.† **2.50** The X Factor USA.† **3.50** The Xtra Factor: Girls Best & Worst Ever. **4.50** The Xtra Factor: Boys Best & Worst Ever. **5.50** The Xtra Factor: Groups Best & Worst Ever. **6.50** The Xtra Factor: Overs Best & Worst Ever. **7.55** The Xtra Factor: Judges Best & Worst Ever. **9.00** Take Me Out: The Gossip Celebrity Christmas Special.† **9.45** FILM: Sleepy Hollow.† (1999) Tim Burton's gothic horror, with Johnny Depp, Christina Ricci and Miranda Richardson. Including FYI Daily. **11.55** A Celebrity Juicemas Carol – Chapter 1.† **12.55am** The Only Way Is Essex.† **1.35** Live: The Only Way Is Essex.† **2.10** Keith Lemon's Very Brilliant World Tour. **2.35** Coronation Street.† **3.00** Teleshopping.

ITV3

6.00am Flowers Uncut with Jeff Leatham.† **6.20** FILM: The Nun's Story.† (1959) Drama, based on Kathryn C Hulme's novel, with Audrey Hepburn and Peter Finch. Including FYI Daily. **9.15** The House of Eliott. **10.25** Pie in the Sky. **11.35** The History of Mr Polly. **1.35pm** A Touch of Frost.† **3.45** A Touch of Frost. **5.55** Murder, She Wrote.† **7.00** Christmas Lights. **8.30** Fast Freddie, the Widow and Me.† **10.00** Bomb Girls.† **11.00** FILM: Sleepers.† (1996) Drama, with Brad Pitt, Robert De Niro and Dustin Hoffman. Including FYI Daily. **1.50am** Film File.† **2.00** ITV3 Nightscreen.† **2.30** Teleshopping.

ITV4

6.00am Police, Camera, Action! **6.25** The Professionals. **7.15** The Sweeney. **8.15** Bundesliga Football Highlights. **9.15** Motorsport UK.† **10.15** Cheers.† **10.50** Cheers.† **11.25** Cheers.† **11.55** Cheers.† **12.30pm** Cheers.† **1.00** Minder. **2.05** FILM: The Upturned Glass. (1947) Psychological drama, starring James Mason, Pamela Kellino and Rosamund John. **3.55** FILM: Follow a Star. (1959) Comedy, starring Norman Wisdom, Ron Moody and Hattie Jacques. Including FYI Daily. **6.05** FILM: Support Your Local Gunfighter.† (1971) A conman tries to pass his dim-witted sidekick off as a notorious gunslinger. Comedy Western, starring James Garner, Jack Elam and Suzanne Pleshette. Including FYI Daily. **8.00** River Monsters.† **9.00** Amir Khan: Sports Life Stories.† **10.00** FILM: Unleashed.† (2005) An enslaved fighter is forced by a gangster to compete in gladiatorial combat, until he finds sanctuary with a blind piano tuner. Action thriller, with Jet Li and Morgan Freeman. Including FYI Daily. **12.05am** Hamish & Andy's Euro Gap Year. **1.05** Show Me the Funny.† **2.00** Vinnie Jones' Toughest Cops. **2.50** ITV4 Nightscreen.† **3.00** The Store.

David Attenborough's First Life, BBC Four, 8pm

5USA

6.00am Teleshopping. **12.00pm** $#*! My Dad Says. **12.25** FILM: Ride to Hangman's Tree. (1967) Western, with Jack Lord, James Farentino and Don Galloway. **2.15** FILM: Wyoming Renegades. (1954) Western, with Philip Carey and Gene Evans. **3.45** Law & Order. **4.45** CSI: NY. **5.40** CSI: NY. **6.35** FILM: Zulu Dawn. (1979) Fact-based historical drama, charting events leading to the massacre of more than 1,500 British soldiers at Isandlwana. Prequel to Zulu, starring Burt Lancaster and Peter O'Toole. **9.00** CSI: Miami. **10.00** CSI: Miami. **11.00** CSI: Miami. **12.00am** Blade: The Series. **12.55** Inside Hollywood. **1.00** SuperCasino. **4.00** Close.

5*

6.00am Teleshopping. **1.00pm** 5* Access. **1.10** Home and Away. **3.30** FILM: Open Season. (2006) Animated comedy, featuring the voices of Martin Lawrence and Ashton Kutcher. **5.15** FILM: Monster House. (2006) Animated comedy horror, with the voice of Mitchel Musso. **7.00** Ultimate Police Interceptors. **8.00** Police Interceptors. **9.00** FILM: You've Got Mail. (1998) Two rivals in the bookshop business fall in love over the internet, unaware they know and dislike each other in the real world. Comedy, starring Meg Ryan. **11.25** Sex Lessons. **12.00am** Teleshopping.

DAVE

7.10am Dragons' Den. **8.00** The Gadget Show. **8.30** The Gadget Show. **9.00** Robot Wars Extreme. **10.00** Top Gear. **11.00** The Gadget Show. **11.30** The Gadget Show. **12.00pm** Man v Food.† **12.30** Man v Food.† **1.00** Top Gear.† **2.00** Top Gear. **3.00** Man v Food.† **3.30** Man v Food.† **4.00** Top Gear.† **5.00** Top Gear. **6.00** Top Gear.† **7.00** Man v Food.† **7.30** Man v Food.† **8.00** Gavin & Stacey.† **8.40** Gavin & Stacey.† **9.20** Gavin & Stacey.† **10.00** Gavin & Stacey.† **11.20** Dave's One Night Stand.† **12.20am** Steve Coogan: The Inside Story. **1.35** Comedy Exchange. **2.20** Peep Show.

Sport

SKY SPORTS 1

6.00am Live Test Cricket.† **12.00pm** Test Cricket.† **1.00** Live European Cup Rugby Union.† **3.30** Live European Cup Rugby Union.† **5.45** Live European Cup Rugby Union.† Ulster v Northampton Saints (Kick-off 6.00pm). **8.00** Live Darts.† Day two of the 2013 PDC World Championship. **12.00am** Fight Night Countdown.† **12.30** Sporting Greats. **1.00** Sporting Greats. **1.30** Sporting Greats. **2.00** Live International Fight Night.†

SKY SPORTS 2

6.00am Premier League Preview.† **6.30** Tight Lines.† **7.30** Fight Night Countdown.† **8.00** Darts.† **10.00** Soccer AM.† **12.00pm** Premier League Preview.† **12.30** Live Football Special.† Newcastle United v Manchester City (Kick-off 12.45pm). **3.15** Test Cricket.† **4.45** Twenty20 Cricket.† **5.15** Live Football League.† Barnsley v Sheffield Wednesday (Kick-off 5.20pm). **7.55** Fight Night Countdown.† **8.25** Football First.† **10.15** Football First.† **11.45** Football First.† **1.15am** Spanish Football.† **2.45** Sky Sports Classics. **3.00** NFL: Total Access.† **3.55** Live Test Cricket.† India v England.

SKY SPORTS 3

6.00am Live Test Cricket.† **7.30** Premier League Preview.† **8.00** Live Twenty20 Cricket.† **11.30** Fight Night Countdown.† **12.00pm** Live Darts.† Day two of the 2013 PDC World Championship. **5.00** NFL: Total Access.† **6.00** Max Power.† **7.00** Test Cricket.† **8.00** Test Cricket.† **9.30** Twenty20 Cricket.† **10.00** Golf.† **11.25** Live Test Cricket.† Australia v Sri Lanka.

EUROSPORT

7.30am Swimming.† **8.00** Live Swimming.† **9.45** Live Alpine Skiing.† World Cup coverage from Val d'Isere in France. **11.15** Live Alpine Skiing.† The men's World Cup downhill from Val Gardena-Groeden in Italy. **12.30pm** Live Ski Jumping.† The World Cup meeting from Engelberg in Switzerland. **2.30** US Open Tennis.† **4.30** Bradley Wiggins: Tour de Force.† **5.30** Olympic Games. **7.30** Live Cross-Country Skiing. The World Cup meeting from Canmore in Canada. **9.00** Biathlon.† **9.45** Biathlon. **10.15** Nordic Combined Skiing.† **10.45** Curling.† **11.45** Curling.† **1.15am** Close.

ESPN

6.00am Live Golf. The 2012 Royal Trophy. **8.00** ESPN Kicks: Extra. **8.15** Soccerex 2012. **8.45** Bundesliga. **9.45** NBA Tonight.† **10.15** ESPN Kicks: FA Cup. **10.30** Premier League Preview.† **11.00** ESPN FC Press Pass.† **11.30** Football's Next Star.† **12.00pm** Live Scottish Football.† Montrose v Rangers (Kick-off 12.30pm). **2.45** ESPN Kicks: Extra. **3.00** MLB Special. **4.30** Golf. **5.30** Live Bundesliga. Schalke 04 v SC Freiburg (Kick-off 5.30pm). **7.30** ESPN Kicks: Extra. **7.45** Live Serie A.† Lazio v Inter Milan (Kick-off 7.45pm). **9.45** French Football.† **11.30** Scottish Football.† **12.00am** Live UFC: The Ultimate Fighter Finale Prelims.† The preliminary bouts. **2.00** Live UFC: The Ultimate Fighter Finale.† Roy Nelson v Matt Mitrione. **5.00** Live Golf.

SUNDAY December 16

Main Channels

BBC1

6.00am Breakfast. (C) 70321142
7.35 Match of the Day. (R) (C) 5585887
9.00 The Andrew Marr Show. (C) 67806
10.00 Fern Britton Meets Daniel O'Donnell. (C) 17784
11.00 Sunday Politics. (C) Weather for the Week Ahead. (C) 6364719
12.25pm Countryfile. Julia Bradbury visits the National Arboretum in Gloucestershire. (R) (C) 2325974
1.20 Bargain Hunt. From the Royal Cornwall Showground. (R) (C) 7698516
2.05 Escape to the Country. A retired couple with a flexible budget look for a property with garage, library and a large garden in rural Hampshire. (R) (C) 5936047
3.05 Call the Midwife. Sister Monica Joan faces prison after being accused of theft, and Chummy breaks off her relationship with PC Noakes following a visit from her mother. Last in the series. (R) (C) 5190500
4.05 Lifeline. Tony Robinson appeals on behalf of RICE – the Research Institute for the Care of Older People – which is dedicated to improving the lives of people with dementia. (C) 2067516
4.15 Songs of Praise. Bill Turnbull presents from St Davids, Pembrokeshire, whose historic cathedral is the setting for a selection of traditional carols and festive music from Welsh tenor Rhys Meirion. (C) 7918245
4.55 Nigel Slater's 12 Tastes of Christmas. The food writer presents the first of two programmes in which he creates a selection of festive dishes, with ideas for both self-indulgence and entertaining. (R) (C) 8483622
5.25 BBC News; Regional News; Weather. (C) 8503448
5.50 Countryfile. Matt Baker and Julia Bradbury visit an RSPB reserve in Norfolk and John Craven discovers how Children in Need spends the money raised by projects like the Countryfile calendar. Including Weather for the Week Ahead. (C) 361429
6.50 Strictly Come Dancing: The Results. Tess Daly and Claudia Winkleman announce which two couples will be hanging up their dancing shoes, determining the line-up for next week's final. Katherine Jenkins also performs. (C) 722061
7.30 Sports Personality of the Year 2012. *See Pick Of The Day.* (C) 86715413
10.05 BBC News; Regional News; Weather. (C) 671968
10.30 Match of the Day 2. Colin Murray reviews the day's Premier League action, featuring Tottenham Hotspur v Swansea City at White Hart Lane and West Bromwich Albion v West Ham United at the Hawthorns. (C) 24871
11.30 The Graham Norton Show. Graham talks to Martin Freeman, star of the new Hobbit movie, comedienne and writer Dawn French and funnyman Lee Mack, with Girls Aloud providing the music. (R) (C) 745055
12.15am FILM: Three Fugitives (1989). A reformed bank robber is an innocent bystander in a heist, but when he is assumed to be guilty he goes on the run with the actual crook. Comedy, with Nick Nolte and Martin Short. (C) 652369
1.50 Weatherview. (C) 6863765
1.55 Sign Zone: Film 2012. (R) (C) 8078098
2.25 Sign Zone: Holby City. (R) (C) 9397369
3.25 Sign Zone: Great British Food Revival. (R) (C) 4774524
4.25 BBC News. (C) 480307

Pick of the day

Sports Personality of the Year 2012

BBC1, 7.30pm

Sue Barker, Gary Lineker and Clare Balding, all pictured, present this year's ceremony live from the ExCeL in London, where the successor to Mark Cavendish will be crowned. Those to have been selected by a panel of former athletes, journalists and members of the BBC are Andy Murray, Ben Ainslie, Bradley Wiggins, Sir Chris Hoy, David Weir, Ellie Simmonds, Mo Farah, Nicola Adams, Rory McIlroy and Sarah Storey.

The Great Spanish Crash

BBC2, 7pm

This World investigates how Spain's once-thriving economy has become the latest casualty of the Eurozone crisis. Paul Mason examines how the transition to democracy after Franco's dictatorship created a financial and political system that left the country vulnerable to catastrophe when the world crisis struck in 2008, interviewing key players including former prime minister Felipe Gonzalez and European Commissioner for Competition Joaquin Almunia.

BBC2

6.00am CBeebies: Tikkabilla. (R) (C) 76500 **6.30 Balamory.** (R) (C) 1024158 **6.50 Charlie and Lola.** (R) (C) 4071055 **7.05 Cloudbabies.** (R) (C) 7588055 **7.15 Everything's Rosie.** (R) (C) 7584239 **7.25 Bob the Builder: Project Build It.** (R) (C) 2367142 **7.35 Chuggington.** (R) (C) 7480245 **7.45 Octonauts.** (R) (C) 7397581 **8.00 Tilly and Friends.** (R) (C) 5922158 **8.10 Woolly & Tig.** (R) (C) 5295516 **8.15 Mike the Knight.** (R) (C) 6055448 **8.30 Timmy Time.** (R) (C) 6583413 **8.40 Tweenies.** (R) (C) 9641516 **9.00 Baby Jake.** (R) (C) 4750121 **9.10 ZingZillas.** (R) (C) 4655577 **9.25 Mr Bloom's Nursery.** (R) (C) 2674326 **9.45 Something Special.** (R) (C) 3478245 **10.00 MOTD Live: FIFA Club World Cup Final.** 25383806
12.55pm FILM: Follow the Fleet (1936). Musical, starring Fred Astaire and Ginger Rogers. (C) 57869448 **2.45 FILM: Shall We Dance? (1937).** Musical, starring Fred Astaire and Ginger Rogers. (C) 14625993 **4.30 Nigella's Christmas Kitchen.** (R) (C) 784 **5.00 Flog It!** (R) (C) 2516
6.00 Cuba with Simon Reeve. How economic liberalisation has affected Cubans and their society. (R) (C) 54142
7.00 The Great Spanish Crash. *See Pick Of The Day.* (C) 6871
8.00 Fawlty Towers. Basil decides to enhance the hotel's reputation with an exclusive night of gourmet cuisine. Unfortunately, his new chef is distracted by hapless waiter Manuel. (R) (C) 2993
8.30 FILM: Calendar Girls (2003). Members of a Yorkshire branch of the Women's Institute cause controversy when they pose nude for a charity calendar. Fact-based comedy, starring Helen Mirren and Julie Walters. (C) 68790516
10.15 QI XL. Stephen Fry hosts an extended edition of the quiz with a difference. The Rev Richard Coles, Sarah Millican, David Mitchell and Alan Davies answer questions about jobs. (C) 470264
11.00 Never Mind the Buzzcocks. Liza Tarbuck takes over hosting duties on the quiz, with Rita Ora, Labrinth, Jameela Jamil and Jason Manford joining team captains Noel Fielding and Phill Jupitus. (R) (C) 7239
11.30 FILM: Surviving Christmas (2004). A lonely millionaire hires a family to help him enjoy the perfect Christmas, but the plan goes horribly wrong. Comedy, with Ben Affleck, Christina Applegate and James Gandolfini. (C) 973351
12.55am FILM: Body Heat (1981). Thriller, starring William Hurt and Kathleen Turner. (C) 817369
2.45 BBC News. (C) 434307
4.25 The Super League Show. (C) 8591122
5.25 Close

Channel 4

6.05am Sali Mali. (R) (T) 1992697 **6.10 The Hoobs.** (R) (T) 5419326 **6.35 The Hoobs.** (R) (T) 7321351 **7.00 The Grid.** (T) 98603 **7.30 Survival of the Fittest.** (T) 31910 **8.00 Will & Grace.** (R) (T) 7719790 **8.25 Frasier.** (R) (T) 7729177 **8.55 Frasier.** (R) (T) 7051581 **9.30 Sunday Brunch.** (T) 43934351 **11.50 The Big Bang Theory.** (R) (T) 5937513 **12.20pm The Big Bang Theory.** Leonard vows to be more confident around women. (R) (T) 8512177
12.45 The Simpsons. Homer is given free plane tickets. (R) (T) 496326 **1.15 The Simpsons.** Homer becomes head of a secret society. (R) (T) 493239 **1.45 Deal or No Deal.** Game show, with Noel Edmonds. (T) 276784
2.45 FILM: Hocus Pocus (1993). Supernatural Disney comedy, starring Bette Midler. (T) 83196264 **4.40 FILM: Deck the Halls (2006).** Christmas comedy, starring Danny DeVito and Matthew Broderick. (T) 63390239
6.20 Channel 4 News. (T) 448968
6.50 The Political Slot. (T) 758142
6.55 4thought.tv. Short films in which members of the public from all walks of spiritual life share their thoughts on religious and ethical issues, and reflect on events that have tested their beliefs. (T) 757413
7.00 Come Dine with Me Christmas Special. Christmas hitmakers Maizie Williams of Boney M and Jona Lewie are joined by soul singer VV Brown and DJ Toby Anstis for a week of festive dinner parties. (T) 8239
8.00 River Cottage: Three Go Mad at Christmas. Hugh Fearnley-Whittingstall is joined by Stephen Mangan, Mark Heap and Kathy Burke for a festive cookery extravaganza on the River Cottage farm. (T) 3577
9.00 Homeland. Carrie begins to suspect there is a mole in the CIA, Roya reveals her true colours under interrogation and Saul finds himself fighting to save his career. (T) 3351
10.00 Peep Show. Jeremy finally agrees to leave the flat and moves in with Super Hans and Mark enrols on a business studies evening course and meets an attractive older woman. (T) 744351
10.35 FILM: I Love You Phillip Morris (2009). Premiere. A gay conman falls in love with a convict and goes to desperate lengths to secure their future. Fact-based romantic comedy drama, with Jim Carrey and Ewan McGregor. (T) 22802608
12.25am 8 Out of 10 Cats: Best Bits. (T) 4029746
12.55 American Football Live. New England Patriots v San Francisco 49ers. (T) 28394889
4.45 Grudge Match. (R) (T) 69045017
4.55 Deal or No Deal. (R) (T) 8907494
5.50 Quick Bakes with Eric Lanlard. (R) (T) 5020340

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 59537500 **6.05 Roary the Racing Car.** (R) (T) 36312784 **6.15 Fifi and the Flowertots.** (R) (T) 36409264 **6.25 Bert and Ernie's Great Adventures.** (R) (T) 59629535 **6.30 The Mr Men Show.** (R) (T) 67363535 **6.45 Olive the Ostrich.** (T) 32364697 **6.50 Abby's Flying Fairy School.** (R) (T) 32441790 **7.00 Roobarb and Custard Too.** (R) (T) 9826448 **7.10 Bananas in Pyjamas.** (R) (T) 9733784 **7.25 Animal Antics.** (R) (T) 1858061 **7.30 Make Way for Noddy.** (R) (T) 6759429 **7.40 City of Friends.** (R) (T) 2286871 **7.50 Little Princess.** (R) (T) 6753245 **8.05 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 8432806 **8.25 Angelina Ballerina.** (T) 4917264 **8.40 Rupert Bear.** (R) (T) 1599332 **8.55 Ben and Holly's Little Kingdom.** (R) (T) 4477516 **9.10 Toby's Travelling Circus.** (R) (T) 1635326 **9.25 Roary the Racing Car.** (R) (T) 1623581 **9.40 Jelly Jamm.** (R) (T) 8073351 **10.00 Power Rangers: Super Samurai.** (T) 8896719 **10.35 ThunderCats.** (T) 5636090 **11.10 Chinese Food in Minutes.** (R) (T) 60462790 **11.15 Highland Emergency.** (R) (T) 9768806 **11.45 FILM: Mr St Nick (2002).** Festive comedy, starring Kelsey Grammer. (T) 65219871
1.30pm FILM: Battle of the Bulbs (2010). Premiere. Christmas comedy, with Daniel Stern and Matt Frewer. (T) 67975535 **3.15 FILM: All I Want for Christmas (2007).** Drama, starring Gail O'Grady. (T) 73932061
5.00 FILM: The Da Vinci Code (2006). Thriller, starring Tom Hanks. (T) 13093239
7.55 5 News Weekend. (T) 4666142
8.00 FILM: Click (2006). A man gets his hands on a remote control that allows him to fast-forward through the dull parts of his life. Comedy, starring Adam Sandler, Christopher Walken and Kate Beckinsale. (T) 2708871
10.00 FILM: Zack and Miri Make a Porno (2008). Premiere. Two friends plan to shoot a porn film, but find having sex for the cameras makes them rethink their feelings for each other. Comedy, with Seth Rogen and Elizabeth Banks. (T) 5963784
11.55 World's Craziest Police Pursuits 2. More unusual police chases, including a teenager hijacking a 40-tonne dumper truck, a notorious drink-driver taking to the road and officers pursuing a fireball. (R) (T) 7418061
12.55am SuperCasino. 26718291
4.00 House Doctor. (R) (T) 84606104
4.25 House Doctor. (R) (T) 84685611
4.50 Rough Guide to Cities. (R) (T) 52871104
5.05 Hana's Helpline. (R) (T) 13582104
5.15 The Milkshake! Show. (R) (T) 22341562
5.40 Thomas & Friends. (R) (T) 88499272
5.50 Roary the Racing Car. (R) (T) 88480524

ITV1

6.00am CITV: Engie Benjy. (R) (T) 6207245
6.10 Babar and the Adventures of Badou. (R) (T) 3579790
6.25 Babar and the Adventures of Badou. (R) (T) 6113852
6.35 Signed Stories. (R) (T) 4154332
6.45 Monk. (R) (T) 3039177
6.50 Canimals. (R) 3947142
7.00 Canimals. (R) 2351581
7.05 Fleabag Monkeyface. (R) (T) 7575581
7.15 Fleabag Monkeyface. (R) (T) 7668245
7.30 Almost Naked Animals. (R) 7305500
7.40 Almost Naked Animals. (R) 5351784
7.50 Almost Naked Animals. (R) 5357968
8.00 Big Time Rush. (T) 28239
8.30 Fort Boyard Ultimate Challenge. (T) 7667332
9.25 ITV News. (T) 8682628
9.30 There's No Taste Like Home. (R) (T) 50245
10.30 Dinner Date. (R) (T) 45871
11.30 Dickinson's Real Deal. (R) (T) 38264
12.30pm ITV News and Weather; Weather. (T) 48514069
12.35 FILM: Carry On Don't Lose Your Head (1966). A cunning English aristocrat sets out to save French noblemen from the guillotine. Comedy spoof of the Scarlet Pimpernel story, with Sid James, Kenneth Williams and Joan Sims. (T) 57852158
2.20 The X Factor Results. James Arthur and Jahmene Douglas have one last chance to impress the public. One Direction, Emeli Sande and Only Boys Aloud are the star guests. Last in the series. (R) (T) 912719
4.20 Anglia News and Weather. (T) 8087413
4.40 ITV News and Weather. (T) 5394210
4.50 FILM: E.T.: The Extra-Terrestrial (1982). A lonely boy befriends a stranded alien and helps him to contact his own people and call for rescue. Steven Spielberg's sci-fi fantasy, starring Henry Thomas and Drew Barrymore. (T) 18915993
7.00 Happy Birthday E.T. Celebrating the 30th anniversary of E.T.: *The Extra-Terrestrial*, this documentary explores the making of Steven Spielberg's classic film, with contributions by some of the cast. (T) 2087
8.00 The Making of a Lady. A penniless woman marries a lord for money, rather than love, but her new life of wealth brings envy and danger. Period drama, starring Lydia Wilson, Linus Roache and Joanna Lumley. (T) 52127413
9.45 ITV News and Weather; Weather. (T) 592332
10.00 FILM: I Am Legend (2007). A Manhattan-based scientist tries to find a cure for a viral plague that has turned all other humans into vampire-like creatures. Sci-fi thriller, with Will Smith and Alice Braga. (T) 503177
11.50 Pensioners Behind Bars. The growing number of over-60s in jail for a criminal offence, from those turning to crime in retirement to career criminals who hit pensionable age while serving time. (R) 749871
12.40am The Store; ITV News Headlines. 650901
2.40 Motorsport UK. The final races of the season from Brands Hatch. 7466388
3.30 ITV Nightscreen. 12825
5.30 ITV Morning News. (T) 74369

ITV1 Central

As ITV1 Anglia except: 4.20pm Central News and Weather. (T)

Movies

SKY PREMIERE

8.00pm Safe House. (2012) A CIA agent has to protect a captured fugitive from mercenaries, but also has to resist his prisoner's mind games. Thriller, with Denzel Washington and Ryan Reynolds.

10.00 Project X. (2012) Comedy, with Thomas Mann, Oliver Cooper and Jonathan Daniel Brown.

SKY ACTION & ADVENTURE

9.00pm Haywire. (2011) A mercenary hired by the US government is betrayed by one of her employers, and goes in search of revenge. Action thriller, starring Gina Carano and Ewan McGregor.

10.40 First Blood. (1982) Action thriller, with Sylvester Stallone and Brian Dennehy.

SKY CLASSICS

8.00pm It's a Wonderful Life. (1946) Frank Capra's fantasy drama, starring James Stewart and Donna Reed.

10.15 We're No Angels. (1954) Comedy, with Humphrey Bogart and Peter Ustinov.

Tower Heist, Sky Comedy, 9.45pm

SKY COMEDY

8.00pm American Pie 2. (2001) The teenage friends get together after their first year at college and set out to broaden their sexual horizons over the summer. Comedy sequel, starring Jason Biggs, Chris Klein, Seann William Scott and Alyson Hannigan.

9.45 Tower Heist. (2011) The manager of an apartment complex recruits a thief to steal back his friends' pension fund from a Wall Street fraudster. Crime comedy, with Ben Stiller and Eddie Murphy.

SKY DRAMA & ROMANCE

8.00pm One Day. (2011) The 20-year friendship between two university graduates is explored through the anniversaries of their first meeting. Romantic drama based on David Nicholls' book, with Anne Hathaway and Jim Sturgess.

10.00 The Decoy Bride. (2011) A movie star hires a double to keep the press away from her wedding, leaving the groom unsure who he really loves. Romantic comedy, with Kelly Macdonald and David Tennant.

SKY FAMILY

8.00pm Harry Potter and the Deathly Hallows: Part 2. (2011) The young wizard and his friends face a final battle with the forces of the dark lord Voldemort. Conclusion of the fantasy saga, with Daniel Radcliffe.

10.15 Beastly. (2011) Romantic fantasy, with Alex Pettyfer and Vanessa Hudgens.

SKY INDIE

8.00pm We Need to Talk About Kevin. (2011) A mother picks apart the events of her troubled relationship with her teenage son after he commits a terrible crime. Drama, starring Tilda Swinton and John C Reilly.

10.00 The Machinist. (2004) Thriller, with Christian Bale and Jennifer Jason Leigh.

SKY MODERN GREATS

8.00pm Anchorman: The Legend of Ron Burgundy. (2004) A chauvinistic newsreader faces a battle of the sexes when an ambitious female reporter threatens his status. Comedy set in the 1970s, starring Will Ferrell and Christina Applegate.

9.45 Donnie Darko. (2001) Fantasy drama, with Jake Gyllenhaal and Jena Malone.

SKY SCI-FI/HORROR

9.00pm Final Destination 5. (2011) The survivors of a suspension bridge disaster are mysteriously killed one by one in a series of horrific accidents. Horror sequel, with Nicholas D'Agosto and Emma Bell.

10.40 Hatchet II. (2010) Horror, starring Danielle Harris and Tony Todd.

FILM4

11.00am Carry On Doctor. (1967) **1.00pm Meet Dave.** (2008) **2.45 The Belles of St Trinian's.** (1954) **4.35 The Remains of the Day.** (1993) **7.15 Jumper.** (2008) **9.00 Die Hard.** (1988) Action thriller, starring Bruce Willis. **11.40 Slither.** (2006) **1.30am Death to Smoochy.** (2002) **3.50 Close.**

TCM

6.30am Trail of Robin Hood. (1950) **7.45 Union Station.** (1950) **9.15 The Thomas Crown Affair.** (1968) **11.10 A Christmas Story.** (1983) **12.55pm Monte Walsh.** (1970) **3.00 The Magnificent Seven.** (1960) **5.30 The Charge at Feather River.** (1953) **7.20 Comanche.** (1956) **9.00 Hell on Wheels.** Cullen gets into a fight with Elam. **9.55 Hell on Wheels.** Durant issues a challenge to the Cheyenne. **10.50 Absolute Power.** (1997) Crime thriller, with Clint Eastwood. **1.10am Night Falls on Manhattan.** (1997) **3.00 Absolute Power.** (1997) **5.00 Monte Walsh.** (1970)

Radio

BBC RADIO 2

(FM: 88-90.2MHz)
6.00am Good Morning Sunday. **9.00** Steve Wright's Sunday Love Songs. **11.00** Weekend Wogan. **1.00pm** Elaine Paige on Sunday. **3.00** Johnnie Walker's Sounds of the 70s. **5.00** Paul O'Grady. **7.00** Tim Rice's American Pie. **8.00** He's Playing Our Song: The Music of Marvin Hamlisch. The composer's later attempts at achieving theatrical success. **8.30** Sunday Half Hour. A selection of hymns for Advent. **9.00** Russell Davies. **10.00** Clare Teal. **11.00** The David Jacobs Collection. **12.00am** Janice Long. **2.00** Alex Lester. **5.00** Vanessa Feltz.

BBC RADIO 3

(FM: 90.2-92.4MHz)
7.00am Breakfast. **9.00** News. **9.03** Sunday Morning with Rob Cowan. **12.00pm** Christmas Around Europe. **4.00** Choral Evensong. **5.00** Christmas Around Europe. **7.45** Sunday Feature: On Napoleon. **8.30** Drama on 3. Austerlitz, by WG Sebald.**10.00** World Routes. **11.00** Jazz Line-Up. **12.30am** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am (FM) News Headlines. **6.05** (FM) Something Understood. **6.35** (FM) On Your Farm. **6.57** (FM) Weather. **7.00** (FM) News. **7.07** (FM) Sunday Papers. **7.10** (FM) Sunday. **7.55** (FM) Radio 4 Appeal. **7.57** (FM) Weather. **8.00** (FM) News. **8.07** (FM) Sunday Papers. **8.10** (FM) Sunday Worship. **8.50** (FM) A Point of View. **9.00** (FM) Broadcasting House. **10.00** (FM) The Archers. **11.15** Desert Island Discs. **12.00pm** News. **12.01** (LW) Shipping Forecast. **12.04** I'm Sorry I Haven't a Clue. **12.30** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** Hardeep's Sunday Lunch. **2.00** Gardeners' Question Time. **2.45** The Listening Project. **3.00** Classic Serial: The Count of Monte Cristo. **4.00** Open Book. **4.30** No Ideas But in Things: The Poetry of William Carlos Williams. **5.00** Pension Off the Old Lady. **5.40** From Fact to Fiction. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** Nick Mohammed in Bits. **7.45** The Apocalypse Clock. **8.00** More or Less. **8.30** Last Word. **9.00** Money Box. **9.26** Radio 4 Appeal. **9.30** In Business. **9.59** Weather. **10.00** The Westminster Hour. **11.00** The Film Programme. **11.30** Something Understood. **12.00am** News and Weather. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** World Service. **4.00** (LW) Test Match Special. **4.00** (FM) News. **5.20** Shipping Forecast. **5.30** (LW) Test Match Special. **5.30** (FM) News Briefing. **5.43** (FM) Prayer for the Day. **5.45** (FM) Farming Today.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Suzie Roberts. **9.00** Mark Rumble. **12.00pm** Chris South. **2.00** Walk Right Back. **4.00** Steve Cherelle. **6.00** Naked Scientists. **7.00** Bridget Metcalfe. **9.00** Northern Soul Show. **11.00** Keith Skues. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHz)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Hour of Power.† **7.00** UK Border Force.† **8.00** UK Border Force. **9.00** The Glee Project.† **10.00** WWE Superstars.† **11.00** WWE: Experience.† **12.00pm** WWE Presents: Best of WCW – Clash of the Champions.† **1.00** Best of Oops TV. **2.00** Best of Oops TV. **3.00** The Middle. **3.30** The Middle.† **4.00** The Middle.† **4.30** The Middle.† **5.00** The Middle.† **5.30** The Simpsons. **6.00** The Simpsons. **6.30** Our Diamond Queen.† **7.30** The Simpsons.† **8.00** Arrow.† **9.00** An Idiot Abroad 3.† Karl Pilkington and Warwick Davis arrive in China. Last in the series. **10.00** NCIS: Los Angeles.† **11.00** NCIS: Los Angeles.† **12.00am** Road Wars.† **1.00** Road Wars.† **1.30** Caribbean Cops.† **2.25** Caribbean Cops.† **3.20** Lion Man. **3.45** Lion Man. **4.10** Don't Forget the Lyrics.† **5.00** Best of Oops TV.

GOLD

6.00am 2point4 Children. **6.30** Whatever Happened to the Likely Lads? **7.00** Creature Comforts. **7.30** 2point4 Children. **8.05** As Time Goes By. **9.15** Last of the Summer Wine. **10.00** Rock & Chips. **11.20** Only Fools and Horses. **12.40pm** Being Ronnie Corbett. **2.00** Ronnie Corbett's Supper Club. **3.00** The Two Ronnies: The Studio Recordings. **3.40** The One Ronnie. **4.40** Rock & Chips. **6.00** Only Fools and Horses. **7.15** Only Fools and Horses. **9.00** Bring Me Morecambe & Wise. **10.00** Outnumbered – The Christmas Special. **10.55** Only Fools and Horses. **12.05am** Gimme Gimme Gimme. **12.40** Early Doors. **1.15** Victoria Wood as Seen on TV. **1.50** Gimme Gimme Gimme. **2.20** Early Doors.

SKY LIVING

6.00am Show Me Your Wardrobe.† **6.30** Show Me Your Wardrobe.† **7.00** Show Me Your Wardrobe.† **7.30** Show Me Your Wardrobe.† **8.00** Show Me Your Wardrobe.† **8.30** Maury. **9.30** Hot in Cleveland.† **10.00** Hot in Cleveland.† **10.30** Hot in Cleveland.† **11.00** Ghost Whisperer.† **12.00pm** Fat Families.† **1.00** Passport Patrol.† **1.30** Show Me Your Wardrobe.† **2.00** Passport Patrol.† **2.30** Passport Patrol.† **3.00** Passport Patrol. **3.30** Passport Patrol.† **4.00** Nothing to Declare. **4.30** Nothing to Declare. **5.00** Nothing to Declare. **5.30** Nothing to Declare. **6.00** America's Next Top Model.† **7.00** Nothing to Declare. **7.30** Nothing to Declare. **8.00** Nothing to Declare. **8.30** Nothing to Declare. **9.00** Grey's Anatomy.† **10.00** Bones.† **11.00** Bones.† **12.00am** Ladyboys.† **1.00** Grey's Anatomy.† **1.50** Bones.† **2.40** Fat Families.† **3.30** Nothing to Declare.† **3.55** Nothing to Declare.† **4.20** Nothing to Declare.† **4.45** Nothing to Declare.† **5.10** Passport Patrol. **5.35** Passport Patrol.

NAT GEOGRAPHIC

6.00am Teleshopping. **6.30** Teleshopping. **7.00** Teleshopping. **7.30** Teleshopping. **8.00** Ancient Mega Tsunami.† **9.00** Asteroid That Hit Earth.† **10.00** Ancient Asteroid Apocalypse.† **11.00** Concordia Disaster: Caught On Camera.† **12.00pm** Tornado Destruction: Caught on Camera.† **1.00** 2012: The Final Prophecy.† **2.00** Preppers UK: Surviving Armageddon.† **3.00** Doomsday Prophecies.† **4.00** Doomsday Prophecies.† **5.00** Doomsday Prophecies.† **6.00** Doomsday Prophecies.† **7.00** Preppers UK: Surviving Armageddon.† **8.00** 2012: The Final Prophecy.† **9.00** Evacuate Earth.† **11.00** American Doomsday.† **12.00am** Preppers UK: Surviving Armageddon.† **1.00** 2012: The Final Prophecy.† **2.00** Teleshopping. **2.30** Teleshopping. **3.00** Doomsday Prophecies.† **3.45** Doomsday Prophecies.† **4.30** Doomsday Preppers.† **5.15** 2012: The Final Prophecy.†

DISCOVERY

6.00am World's Lost Tribes. **7.00** Nasa's Greatest Missions. **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** Dan Snow's Battle of the Somme.† **2.00** Surviving D-Day.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made. **5.30** How It's Made. **6.00** Reign of the Dinosaurs.† **7.00** Auction Hunters.† **7.30** Auction Hunters.† **8.00** Moonshiners.† **9.00** Ice Pilots.† **10.00** Volcano Time Bomb.† **11.00** Britain's Greatest Ships.† **12.00am** Swamp Loggers.† **1.00** First Week In.† **2.00** Mythbusters.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Meerkat Manor.

† Indicates a programme is available in High Definition

Freeview

BBC THREE

7.00pm Merlin. **7.50** FILM: The Chronicles of Narnia: The Lion, the Witch and the Wardrobe. (2005) Fantasy adventure, starring Tilda Swinton and Georgie Henley. **10.00** Him & Her. **10.30** Family Guy. **10.55** Family Guy. **11.15** American Dad! **11.40** American Dad! **12.00am** Some Girls. **12.30** Him & Her. **1.00** Russell Howard's Good News. **1.30** Sun, Sex and Suspicious Parents. **2.30** Snog, Marry, Avoid: The Pageant 2012. **3.25** Some Girls. **3.55** Close.

BBC FOUR

7.00pm The Roasts of Christmas Past. **8.00** A Very English Winter: The Unthanks. **9.00** Chas & Dave: Last Orders. **10.00** Storyville: The Other Irish Travellers. **11.00** FILM: The Hunter. (2010) Premiere. A man tormented by the loss of his family kills two police officers, then flees into a forest. Iranian thriller, directed by and starring Rafi Pitts. With Mitra Hajjar. **12.25am** Chas & Dave: Last Orders. **1.25** James Bond 50th Anniversary Gala Concert. **2.55** Omnibus: John Barry – A Licence to Thrill. **3.45** Close.

E4

6.00am Being Erica.† **6.45** Being Erica.† **7.30** T4: Scrubs. **8.00** T4: Scrubs. **8.35** T4: Hollyoaks.† **11.10** T4: T4: Watch. **11.25** T4: Smallville.† **12.25pm** T4: Rules of Engagement.† **12.55** T4: Rules of Engagement.† **1.25** T4: T4: Listen. **1.40** T4: How I Met Your Mother.† **2.10** Suburgatory.† **2.40** Made in Chelsea.† **3.40** The Big Bang Theory.† **4.10** The Big Bang Theory.† **4.40** The Big Bang Theory.† **5.05** The Big Bang Theory.† **5.35** The Big Bang Theory.† **6.00** The Big Bang Theory.† **6.30** The Big Bang Theory.† **7.00** The Big Bang Theory.† **7.30** The Big Bang Theory.† **8.00** FILM: Just My Luck.† (2006) A woman blessed with good fortune finds her life changes for the worse when she kisses a perpetually unlucky man at a party. Romantic comedy, starring Lindsay Lohan and Chris Pine. **10.00** Misfits.† **11.00** The Inbetweeners. **11.35** The Inbetweeners. **12.00am** Made in Chelsea.† **1.05** The Inbetweeners Rude Road Trip.† **1.40** The Inbetweeners. **2.05** The Inbetweeners. **2.30** Misfits.† **3.25** Hollyoaks.†

MORE4

8.55am River Cottage Bites. **9.15** A Place in the Sun. **9.45** Jamie's 15 Minute Meals. **10.15** Jamie's 15 Minute Meals. **10.50** Jamie's 15 Minute Meals. **11.20** Jamie's 15 Minute Meals. **11.50** Jamie's 15 Minute Meals. **12.25pm** Four in a Bed. **12.55** Four in a Bed. **1.25** Four in a Bed. **2.00** Four in a Bed. **2.30** Four in a Bed. **3.00** A SuperScrimpers Christmas. **4.05** Come Dine with Me: Celebrity Christmas Special. **4.40** Come Dine with Me: Celebrity Christmas Special. **5.15** Come Dine with Me: Celebrity Christmas Special. **5.50** Come Dine with Me: Celebrity Christmas Special. **6.20** Come Dine with Me: Celebrity Christmas Special. **6.50** Jamie at Home Christmas Special. **8.00** Spice Trip. **9.00** Jamie's Best Ever Christmas. **10.00** Jimmy's Grow Your Own Christmas Dinner. **11.05** Shameless USA. **12.10am** Ramsay's Kitchen Nightmares USA. **1.10** Spice Trip. **2.20** Shameless USA.

ITV2

6.00am All Star Family Fortunes.† **6.50** Emmerdale.† **9.45** Coronation Street.† **12.40pm** Peter Andre: My Life.† **1.40** FILM: The Little Vampire. (2000) Children's adventure, with Richard E Grant and Jonathan Lipnicki. **3.35** Take Me Out Celebrity Christmas Special.† **4.50** Take Me Out: The Gossip Celebrity Christmas Special.† **5.35** FILM: The Mummy Returns.† (2001) Fantasy adventure sequel, starring Brendan Fraser and Rachel Weisz. **8.00** The Xtra Factor: Winner's Story 2012. **9.00** FILM: Gladiator.† (2000) A Roman general is forced to fight as a gladiator and uses his position to seek revenge for the murder of his family. Oscar-winning epic, with Russell Crowe. **12.10am** Winners & Losers.† **1.05** Winners & Losers.† **1.55** The Vampire Diaries.† **2.40** Teleshopping. **5.40** ITV2 Nightscreen.†

ITV3

6.00am Cadfael.† **7.25** Heartbeat. **8.25** Heartbeat. **9.25** Rosemary & Thyme. **11.25** Murder, She Wrote.† **12.25pm** A Touch of Frost. **2.30** Wycliffe. **3.40** Agatha Christie's Poirot.† **5.55** Lewis.† **7.55** FILM: Housesitter.† (1991) Romantic comedy, starring Steve Martin and Goldie Hawn. **10.00** A Is for Acid. **12.00am** FILM: Till Death Us Do Part. (1968) Comedy, starring Warren Mitchell, Dandy Nichols and Una Stubbs. Including FYI Daily. **1.55** A Touch of Frost. **3.40** Emmerdale.†

Gladiator, ITV2, 9pm

ITV4

6.00am Film File.† **6.10** Police, Camera, Action! **6.35** Minder. **7.25** The Saint. **8.20** The Professionals. **9.20** The Big Match Revisited. **10.20** Minder. **11.20** Cheers.† **11.55** Cheers.† **12.30pm** Cheers.† **1.05** Cheers.† **1.35** Cheers.† **2.05** FILM: Support Your Local Gunfighter.† (1971) Comedy Western, starring James Garner, Jack Elam and Suzanne Pleshette. **4.00** FILM: Weekend at Bernie's.† (1989) Slapstick comedy, starring Andrew McCarthy. **6.00** FILM: Without a Clue.† (1988) Comedy, with Michael Caine and Ben Kingsley. Including FYI Daily. **8.15** FILM: Jackie Chan's First Strike.† (1996) A Hong Kong cop is framed for murder while trying to find a missing nuclear warhead. Martial arts adventure, starring Jackie Chan, Jackson Lou and Annie Wu. **10.00** FILM: Enter the Dragon.† (1973) Martial arts thriller, starring Bruce Lee. **12.05am** Show Me the Funny Final.† **1.25** Minder. **2.25** Sports Mash: Taking the Mic. **2.50** ITV4 Nightscreen.† **3.00** The Store.

5USA

6.00am Teleshopping. **12.00pm** Inside Hollywood. **12.10** Dharma & Greg. **12.40** FILM: Man Without a Star. (1955) King Vidor's Western, with Kirk Douglas and Jeanne Crain. **2.30** FILM: Indian Uprising. (1951) Western, starring George Montgomery and Audrey Long. **4.05** Law & Order. **5.00** Law & Order. **6.00** CSI: Miami. **7.00** CSI: Miami. **8.00** CSI: Miami. **9.00** CSI: Crime Scene Investigation. **10.00** CSI: NY. **11.00** CSI: NY. **11.55** CSI: NY. **12.55am** CSI: Crime Scene Investigation. **1.55** True Justice. **2.55** Inside Hollywood. **3.00** Teleshopping.

5*

6.00am Teleshopping. **1.00pm** 5* Access. **1.15** FILM: Monster House. (2006) Animated comedy horror, with the voices of Mitchel Musso and Sam Lerner. **3.00** Malcolm in the Middle. **3.30** FILM: X2. (2003) Superhero adventure sequel, starring Hugh Jackman, Patrick Stewart and Ian McKellen. **6.05** Burn Notice. **7.00** The Mentalist. **8.00** The Mentalist. **9.00** The Mentalist. **10.00** Sex and the City. **10.45** Alphas. **11.45** 5* Access. **12.00am** Teleshopping.

DAVE

7.10am Dragons' Den. **8.00** TOTP2. **8.30** TOTP2. **9.00** Top Gear.† **10.00** Top Gear. **11.00** Man v Food.† **11.30** Man v Food.† **12.00pm** Red Dwarf. **12.40** Red Dwarf. **1.20** Red Dwarf. **2.00** Red Dwarf. **2.40** Red Dwarf. **3.20** Red Dwarf. **4.00** Red Dwarf. **4.40** Red Dwarf. **5.20** Red Dwarf. **6.00** Red Dwarf. **6.40** Red Dwarf. **7.20** Red Dwarf. **8.00** Man v Food.† **8.30** Man v Food.† **9.00** Mock the Week. **9.40** Mock the Week. **10.20** Mock the Week. **11.00** Mock the Week. **11.40** Argumental Christmas Special.† **12.20am** Mock the Week. **1.00** Mock the Week. **1.30** Mock the Week. **2.00** Mock the Week. **2.30** Peep Show. **3.00** Close.

Sport

SKY SPORTS 1

6.00am Aerobics Oz Style. **6.30** Spanish Football.† **8.00** Football First.† **9.30** The Sunday Supplement.† **11.00** Goals on Sunday.† **1.00pm** Live Super Sunday.† **3.30** Live Super Sunday.† **6.30** Great Matches of European Football. **7.00** Live Darts.† Day three of the 2013 PDC World Championship. **12.00am** Spanish Football.† **1.30** Football Special.† **3.00** European Rugby Special.† **3.55** Live Test Cricket.† India v England.

SKY SPORTS 2

6.00am Live Test Cricket.† **12.00pm** Sporting Greats. **12.30** Live European Cup Rugby Union.† **2.45** Live European Cup Rugby Union.† **5.30** Live NFL.† Coverage of a top match from North America. **9.15** Live NFL.† Coverage of a top match from North America. **12.45am** Golf.† **2.45** Spanish Football.† **4.15** Close.

SKY SPORTS 3

6.00am Live Test Cricket.† **7.30** This Week In WWE.† **8.00** Live Twenty20 Cricket.† Sydney Sixers v Perth Scorchers. **11.30** International Fight Night.† **1.30pm** Test Cricket.† **2.30** Test Cricket.† **4.00** This Week In WWE.† **4.30** WWE: Experience.† **5.30** WWE TLC Preview.† **5.55** Live Spanish Football.† Real Madrid v Espanyol (Kick-off 6.00pm). **8.00** Live Spanish Football.† Barcelona v Atletico Madrid (Kick-off 8.00pm). **10.00** European Rugby Special.† **10.55** Great Matches of European Football. **11.25** Live Test Cricket.† Australia v Sri Lanka.

EUROSPORT

7.15am Live Luge.† **8.15** Live Alpine Skiing. **9.30** Live Alpine Skiing.† **10.15** Ski Jumping.† **10.45** Live Luge.† World Cup coverage from Sigulda, Latvia. **11.45** Live Biathlon. World Cup coverage from Pokljuka in Slovenia. **12.45pm** Live Ski Jumping.† The World Cup meeting from Engelberg in Switzerland. **2.30** Live Nordic Combined Skiing.† The World Cup meeting from Ramsau am Dachstein in Austria. **3.15** Alpine Skiing.† **4.15** Alpine Skiing.† **5.15** Biathlon. **6.00** Live Cross-Country Skiing. The final day of the World Cup meeting from Canmore in Canada. **6.45** Ski Jumping.† **7.15** Live Cross-Country Skiing. The final day of the World Cup meeting from Canmore in Canada. **8.45** Skeleton.† **9.15** Bobsleigh.† **9.45** Bobsleigh.† **10.45** Football. **12.00am** Swimming.† **1.00** Close.

ESPN

6.00am Live Golf. The 2012 Royal Trophy. **8.00** Eredivisie.† **9.45** Bundesliga. **11.30** Live Serie A.† Fiorentina v Siena (Kick-off 11.30am). **1.30pm** Live Serie A.† **4.15** Live Bundesliga. Werder Bremen v FC Nuremberg (Kick-off 4.30pm). **6.45** Talk of the Terrace.† **7.30** Live French Football.† Paris Saint-Germain v Lyon (Kick-off 8.00pm). **10.15** Pardon the Interruption UK.† **10.45** Golf. **11.45** UFC: The Ultimate Fighter Finale.† **2.45am** UFC.† **5.45** ESPN Kicks: Extra.

MONDAY December 17

Main Channels

BBC1

6.00am Breakfast. (C) 81195299
9.15 Heir Hunters. (R) (C) 4537982
10.00 Homes Under the Hammer. (R) (C) 14814
10.58 BBC News; Weather. (C) 8848036
11.00 You've Been Scammed. (C) 3956
11.30 Cash in the Attic. (R) (C) 3799562
12.13pm BBC News; Weather. (C) 5514456
12.15 Bargain Hunt. (R) (C) 5315833
1.00 BBC News; Weather. (C) 38494
1.30 Regional News; Weather. (C) 61936920
1.45 Doctors. A bride-to-be is desperate to read her late father's speech at her wedding. (C) 706611
2.15 Escape to the Country. Converted windmills in Lincolnshire. (R) (C) 1327017
3.00 BBC News; Weather; Regional News. (C) 4528475
3.05 CBBC: Show Me What You're Made Of. (R) (C) 7786340
3.35 ChuckleVision. (R) (C) 5377185
4.00 Help! My Supply Teacher Is Magic. (R) (C) 307
4.30 12 Again Strictly Special. (R) (C) 291
5.00 Newsround. (C) 1248479
5.15 Pointless Celebrities. With Gareth Thomas, Rachel Riley and Mark Durden-Smith. (C) 6578104
6.00 BBC News; Weather. (C) 456
6.30 Look East; Weather. (C) 956
7.00 The One Show. The first visit of the week to the One Show studio, where Matt Baker and Alex Jones present topical stories and celebrity chat. (C) 6104
7.30 Inside Out. The hospital where thousands of patient records were lost, the coastal town that has profited from wind energy and the cost of crossing the Dartford Tunnel. Last in the series; (C) BBC News; Regional News. (C) 920
8.00 EastEnders. *See Pick Of The Day.* (C) 2524
8.30 My Family Christmas Special. The Harpers have a holiday to remember when Nick fills the living room with Christmas trees – for next year – then invites a lonely old pensioner to share the family's dinner. As well as the delights of Susan's chocolate raisin turkey to look forward to, it soon turns out there is a little something else in the oven. (R) (C) 1659
9.00 Britain's Secret Terror Squad: Panorama. John Ware reports on an anti-terrorist squad run by the British Army in the early 1970s, investigating allegations that the unit killed civilians and covered up its deeds. (C) 6185
10.00 BBC News. (C) 100272
10.25 Regional News; Weather. (C) 258543
10.35 Have I Got a Bit More News for You. Charlotte Church guest hosts the quiz, with Miles Jupp and Richard Osman joining regulars Ian Hislop and Paul Merton. (C) 235185
11.20 FILM: **The Matador (2005).** A lonely, burnt-out assassin strikes up an unlikely friendship with a down-on-his-luck businessman he meets in a Mexican bar. However, as the hitman's personal crises interfere with his work, he is forced to turn to his new friend to help him carry out a killing. Black comedy, starring Pierce Brosnan, Greg Kinnear and Hope Davis. (C) 994456
12.50am Weatherview. (C) 4738079
12.55 Sign Zone: Richard Hammond's Miracles of Nature. (R) (C) 7363925
1.55 Sign Zone: Dara O Briain's Science Club. (R) (C) 5736578
2.55 Sign Zone: Great British Food Revival. (R) (C) 7272499
3.55 Sign Zone: MasterChef: The Professionals. (R) (C) 77762302
4.25 BBC News. (C) 909234

Pick of the day

Nigellissima – An Italian Inspired Christmas

BBC2, 8pm

Nigella Lawson, pictured, travels to Venice to soak up the atmosphere and gain inspiration for dishes for a Christmas party with an Italian twist. Back in the UK, she creates a tasty buffet menu for her guests, preparing a Venetian cocktail served with quick and easy canapes including Parmesan shortbreads. Nigella's take on the traditional roast bird is turkey breast stuffed with sausage and marsala-steeped cranberries.

EastEnders

BBC1, 8pm

Kat assumes Alfie's behaviour is down to the anniversary of Nana Moon's death, unaware he is plagued by thoughts of her infidelity. However, in an attempt to push his doubts aside he pulls out all the stops to turn the Square into a festive extravaganza. Derek becomes the fall guy for Max as he helps his brother protect his secret, Bianca takes out her financial frustrations on Lola, and Zainab is shocked by the arrival of an unexpected guest.

BBC2

6.00am CBeebies: Tikkabilla. (R) (C) 73630 **6.30 Balamory.** (R) (C) 1911630 **6.50 Charlie and Lola.** (R) (C) 4048727 **7.05 Cloudbabies.** (R) (C) 7555727 **7.15 Everything's Rosie.** (R) (C) 7544611 **7.25 Bob the Builder: Project Build It.** (R) (C) 2334814 **7.35 Chuggington.** (R) (C) 7384017 **7.45 Octonauts.** (R) (C) 7364253 **8.00 Tilly and Friends.** (R) (C) 5819630 **8.10 Woolly & Tig.** (R) (C) 5199388 **8.15 Mike the Knight.** (R) (C) 6942920 **8.30 Timmy Time.** (R) (C) 6550185 **8.40 Tweenies.** (R) (C) 9545388 **9.00 Numtums.** (R) (C) 2462889 **9.05 Abadas.** (R) (C) 4459974 **9.15 Alphablocks.** (R) (C) 3612122 **9.20 The Rhyme Rocket.** (R) (C) 1009253 **9.35 The Lingo Show.** (R) (C) 3352253 **9.45 Something Special: Out and About.** (R) (C) 3409123 **10.05 Show Me Show Me.** (R) (C) 1215982 **10.35 Mr Bloom's Nursery.** (R) (C) 6015456 **10.55 I Can Cook on the Go.** (R) (C) 6105524 **11.10 Mister Maker Comes to Town.** (R) (C) 2975307 **11.30 BBC World News.** (C) 9307 **12.00pm Daily Politics.** (C) 61098 **1.00 Royal Upstairs Downstairs.** (R) (C) 36036 **1.30 To Buy or Not to Buy.** (R) (C) 1558104 **2.15 Weakest Link.** (R) (C) 1325659 **3.00 Real Rescues.** (R) (C) 2747253 **3.45 Wanted Down Under Revisited.** (R) (C) 1816366 **4.30 Flog It!** (C) 7826272 **5.15 Put Your Money Where Your Mouth Is.** (R) (C) 4073974
6.00 Celebrity Eggheads. (C) 758
6.30 Strictly Come Dancing – It Takes Two. (C) 678
7.00 MasterChef: The Professionals – Michel's Classics. Michel Roux Jr gives the first of two masterclasses in French cuisine, preparing a luxury breakfast, monkfish liver three ways and cream-filled dumplings fried in batter. (C) 4746
7.30 Christmas University Challenge. New series. Famous alumni compete in the quiz. (C) 562
8.00 Nigellissima – An Italian Inspired Christmas. *See Pick Of The Day.* (C) 7291
9.00 Inside Claridge's. Thirty delegations from around the world arrive to stay at the hotel for the duration of the Olympics, with the red carpet being rolled out five times a day for heads of state. World-famous Danish eatery Noma sets up a pop-up restaurant in the ballroom and Claridge's chefs are faced with providing Nordic-foraged food to thousands of guests who have paid £195 each. Last in the series. (C) 4727
10.00 Never Mind the Buzzcocks. John Barrowman hosts a festive edition of the comedy music quiz. (C) 36814
10.30 Newsnight; (C) Weather. (C) 348098
11.20 Westminster Abbey. The choir prepares to sing at a papal Mass in St Peter's Basilica, Rome. (R) (C) 411678
12.20am BBC News. (C) 43350166
4.00 BBC Learning Zone. (C) 66789

Channel 4

6.10am The Hoobs. (R) (T) 5486098 **6.35 The Hoobs.** (R) (T) 7225123 **7.00 Freshly Squeezed.** (T) 22833 **7.30 According to Jim.** (R) (T) 2406291 **7.55 Everybody Loves Raymond.** (R) (T) 6069388 **8.30 Everybody Loves Raymond.** (R) (T) 59765 **9.00 Frasier.** (R) (T) 40017 **9.30 Frasier.** (R) (T) 66543 **10.00 The Big Bang Theory.** (R) (T) 60974 **10.30 The Big Bang Theory.** (R) (T) 39901 **11.00 Kirstie's Homemade Christmas.** (R) (T) 27388 **12.00pm Channel 4 News Midday Summary.** (T) 5516814 **12.05 Kirstie's Handmade Treasures.** (T) 5778901 **12.20** FILM: **Great Expectations (1946).** Drama, starring John Mills. (T) 17625920 **2.40 Countdown.** (T) 7573746 **3.30 1001 Things You Should Know.** (T) 982 **4.00 Deal or No Deal.** (T) 4098 **5.00 Come Dine with Me Celebrity Christmas Special.** (T) 9678 **5.30 The Simpsons.** (R) (T) 253
6.00 The Simpsons. (R) (T) 494
6.30 Hollyoaks. (T) 746
7.00 Channel 4 News. (T) 916302
7.55 4thought.tv. Rabbi Herschel Gluck states why he thinks people have to be careful not to hurt the feelings of others with blasphemous statements. (T) 543017
8.00 Britain on the Breadline – Channel 4 Dispatches. Documentary telling the story of how a hidden army of volunteers in one of the most deprived areas of Britain is fighting to keep the community from going under. (T) 8562
8.30 Stephen Fry: Gadget Man. Stephen looks at technology that can help people keep fit and healthy and attempts to build a gadget that will enable him to race against double Olympic champion Kelly Holmes. (T) 4369
9.00 Bad Santas. First of a two-part documentary following unemployed men in training at one of the UK's most successful Santa schools, where they must pass a number of challenges. (T) 2123
10.00 8 Out of 10 Cats: Best Bits. Part two of two. Compilation of highlights from the current series. (T) 741036
10.50 Full English. (T) 295920
11.15 Alan Carr: Chatty Man. The host is joined by Million Pound Drop presenter Davina McCall, comedian and *8 Out of 10 Cats* captain Jon Richardson, and singer Rebecca Ferguson, who performs in the studio. (R) (T) 570299
12.20am The Good Wife. (T) 2258321
1.05 The Good Wife. (T) 5647673
1.45 St Elsewhere. (R) (T) 7878789
2.30 FILM: **The Spy in Black (1939).** Romantic First World War drama, starring Conrad Veidt and Valerie Hobson. (T) 6694505
3.55 Supernanny US. (T) 9596499
4.35 Supernanny US. (T) 3591925
5.15 Deal or No Deal. (R) (T) 4034166

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 36380185 **6.10 Igam Ogam.** (R) (T) 36304765 **6.20 Fireman Sam.** (R) (T) 36300949 **6.30 Jelly Jamm.** (R) (T) 67267307 **6.45 Peppa Pig.** (R) (T) 32331369 **6.50 Olive the Ostrich.** (T) 32321982 **6.55 Little Princess.** (R) (T) 80835475 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 9719104 **7.20 The Mr Men Show.** (R) (T) 9799340 **7.35 Thomas & Friends.** (R) (T) 6645272 **7.45 Noddy in Toyland.** (R) (T) 6665036 **8.00 Fifi and the Flowertots.** (R) (T) 4892901 **8.15 Peppa Pig.** (T) 4065524 **8.25 Peppa Pig.** (R) (T) 4089104 **8.35 Roary the Racing Car.** (R) (T) 1496291 **8.50 Bananas in Pyjamas.** (R) (T) 4381765 **9.00 Tickety Toc.** (R) (T) 8229475 **9.15 Angelina Ballerina.** (T) 1601369 **9.30 Hana's Helpline.** (R) (T) 8292475 **9.40 Mist: Sheepdog Tales.** (R) (T) 8272611 **9.55 Mexican Food Made Simple.** (R) (T) 5056253 **10.25 Emergency Bikers.** (R) (T) 3716765 **11.25 Build a New Life in the Country.** (R) (T) 3246307 **12.20pm 5 News Lunchtime.** (T) 84070524 **12.25 Build a New Life in the Country.** (R) (T) 61956366 **1.30** FILM: **The Christmas Card (2006).** Romantic drama, with John Newton. (T) 20300807 **3.10** FILM: **Crazy for Christmas (2005).** Family drama, starring Andrea Roth. (T) 73828814 **5.00 5 News at 5.** (T) 2285307 **5.30 Emergency Bikers.** (R) (T) 1348475
6.30 5 News at 6.30. (T) 8603611
7.00 North Pole Ice Airport. The base plays host to the North Pole Marathon and American researchers need the help of Camp Barneo's helicopter pilots to investigate whether the polar ice-cap is shrinking; (R) (T) 5 News Update. (T) 2795307
8.00 The All New Gadget Show. Jason Bradbury and Pollyanna Woodward head to Berlin, where they test noise-cancelling headphones, an electric bike, 3D camcorders and a self-driving car; (T) 5 News Update. (T) 2771727
9.00 FILM: **Deep Blue Sea (1999).** A scientist develops super-intelligent sharks on an isolated research facility – but the creatures escape and cause havoc. Thriller, starring Saffron Burrows. (T) 11791122
11.15 Nature Shock: When Killer Whales Attack. Documentary revealing the extraordinary predatory behaviour of the orca, which shows great cunning by hunting in packs, surrounding, wearing down and eventually killing its prey. (R) (T) 3701543
12.10am Cowboy Builders. (R) (T) 9998334
1.10 SuperCasino. 40976215
3.55 House Doctor. (R) (T) 74925963
4.20 HouseBusters. (R) (T) 84653012
4.45 Great Artists. (R) (T) 71577234
5.10 Michaela's Wild Challenge. (R) (T) 22319963
5.35 Michaela's Wild Challenge. (R) (T) 54664708

ITV1

6.00am Daybreak. (T) 135253
8.30 Lorraine. (T) 7561104
9.25 The Jeremy Kyle Show. (T) 3504765
10.30 This Morning. (T) 26765
12.30pm Let's Do Christmas with Gino & Mel. The duo are joined by Anton Du Beke. (T) 83036
1.30 ITV News and Weather. (T) 57110494
1.55 Anglia News and Weather. (T) 73329185
2.00 Storage Hoarders. A shopaholic tries to clear out her handbags and designer shoes. (T) 79253
3.00 Dickinson's Real Deal. The team visit Alton Towers. (T) 7949
3.59 Anglia Weather. (T) 7712369
4.00 Britain's Best Bakery. The six remaining bakeries go head to head. (T) 6456
5.00 The Chase. Quiz show, hosted by Bradley Walsh. (T) 4253
6.00 Anglia Tonight; Weather. (T) 524
6.30 ITV News and Weather. (T) 104
7.00 Emmerdale. Jai is finally allowed to see his newborn son, but Rachel makes it clear he won't have anything more to do with Archie after the visit. Priya worries about Alicia's imminent return to the village and fears she will be pushed aside at Christmas, while Chas dreads the start of her trial the next day, especially as Debbie is so determined to see her sent down. (T) 1272
7.30 Coronation Street. Fiz takes Tyrone a birthday card and cake while Kirsty is out, and they end up kissing passionately. Leanne and Peter call a truce, while Karl mocks Stella's fling with Jason. (T) 388
8.00 Little England. Rain threatens to spoil the crop in Amanda and David Moore's vineyard, while Essex couple Clive and Stella Wood take a tour of the Dordogne in a sports car. Last in the series. (T) 9320
8.30 Coronation Street. Fiz emerges from her hiding place at Tyrone's after babysitter Emily falls asleep, but unwittingly drops her birthday card as she sneaks out. Peter, Leanne and Simon go ice-skating. (T) 6727
9.00 The Poison Tree. Conclusion. Psychological thriller based on the novel by Erin Kelly, starring MyAnna Buring as a woman haunted by tragic events that took place 12 years ago. Flashbacks reveal Karen Clarke's story from the moment she entered the extraordinary world of Biba and Rex to reveal the secrets she is hiding. Now living on the Kent coast with Rex, following his release from prison, and their daughter Alice, Karen is stalked by a mysterious stranger and desperate to protect her family. With Matthew Goode, Ophelia Lovibond, Hebe Johnson and Patrick Baladi. (T) 1253
10.00 ITV News at Ten and Weather. (T) 23340
10.30 Anglia News and Weather. (T) 180746
10.35 FILM: **I Now Pronounce You Chuck & Larry (2007).** A fireman asks a male colleague to pretend to marry him to get round a problem with his late wife's life insurance policy. Comedy, with Adam Sandler, Kevin James and Jessica Biel. (T) 82700291
12.40am Jackpot247; ITV News Headlines. 73044857
3.00 Pushing Daisies. (R) (T) 1147296
3.45 ITV Nightscreen. 2059128
4.35 The Jeremy Kyle Show. (R) (T) 6413692
5.30 ITV Morning News. (T) 80147

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

TUESDAY December 18

Main Channels

BBC1

6.00am Breakfast. (C) 29995811
9.15 Heir Hunters. (R) (C) 4504654
10.00 Homes Under the Hammer. (R) (C) 17352
10.58 BBC News; Weather. (C) 8815708
11.00 You've Been Scammed. (C) 5988
11.30 Cash in the Attic. (R) (C) 3766234
12.13pm BBC News; Weather. (C) 5581128
12.15 Bargain Hunt. (R) (C) 5382505
1.00 BBC News; Weather. (C) 20692
1.30 Regional News; Weather. (C) 61903692
1.45 Doctors. (C) 449012
2.15 Escape to the Country. Searching for a rural retreat in the Lake District. (R) (C) 1394789
3.00 BBC News; Weather; Regional News. (C) 4595147
3.05 CBBC: Show Me What You're Made Of. (R) (C) 4478370
3.30 Bear Behaving Badly. (R) (C) 5345586
3.55 Shaun the Sheep. (R) (C) 7787673
4.00 Help! My Supply Teacher Is Magic. (R) (C) 128
4.30 Rocket's Island. (R) (C) 352
5.00 Newsround. (C) 9048091
5.15 Pointless Celebrities. With Michelle Heaton, Neil Fox and Emma Forbes. (C) 4361836
6.00 BBC News; Weather. (C) 505
6.30 Look East; Weather. (C) 857
7.00 The One Show. Live chat and topical reports, presented by Matt Baker and Alex Jones. (C) 5215
7.30 EastEnders. Alfie is heartbroken after his discovery and ends up running away. Max wonders if he should be honest with Tanya about his problem, while Derek gives his sister-in-law an ultimatum; (C) BBC News; Regional News. (C) 741
8.00 Holby City. Ollie returns to Holby, having been away desperately searching for ways to treat Tara's condition. Can she forgive him for running out on her when she needed him most? Michael and Ramona's blossoming relationship is jeopardised when he asks her to perform duties outside of her role, while Chantelle is desperate to know if Rhys is going to ask her to the New Year party. Unfortunately, a patient with a needle phobia keeps her busy all day, giving Mary-Claire the opportunity to sneak in and try to ask him instead. (C) 2079
9.00 Last Tango in Halifax. Alan has difficulty choosing his best man. Caroline and Gillian discover they were born on the same day, but their respective celebrations descend into emotional chaos. Concludes tomorrow. (C) 2215
10.00 BBC News. (C) 652437
10.25 Regional News; Weather; (C) National Lottery Update. (C) 793418
10.35 Imagine: A Beauty Is Born – Matthew Bourne's Sleeping Beauty. Behind the scenes of the choreographer's latest project, following the process from workshops to final rehearsals for his version of The Sleeping Beauty. Last in the series. (C) 590741
11.35 FILM: **The Unbearable Lightness of Being (1988).** A successful surgeon leads a carefree life in 1960s Czechoslovakia, and pursues complicated romances with two women – a Bohemian artist and a bookish small-town woman. Their lives are thrown into chaos when the country faces invasion by Society forces. Drama based on Milan Kundera's novel, starring Daniel Day-Lewis, Juliette Binoche and Lena Olin. (C) 47635234
2.20am Weatherview. (C) 5078426
2.25 Sign Zone: Supersized Earth. (R) (C) 9251513
3.25 Sign Zone: Supersized Earth. (R) (C) 4645068
4.25 BBC News. (C) 437819

Pick of the day

The Great British Bake Off Christmas Masterclass

BBC2, 8pm

Imagine having Christmas with the *Great British Bake Off* judges. Mary Berry would be there being sweet and friendly in a colourful jacket, Paul Hollywood, pictured, would be looking slightly less intimidating in a cosy, festive jumper, and they'd both be dishing up an array of wonderful baked goods. Well, BBC2 is offering us the next best thing, as Mary and Paul show us how to bake up a storm this Christmas.

Inside Guinness World Records

ITV1, 8pm

Concluding the documentary meeting a wide range of record holders, including Wilma Conner, the oldest competitive female bodybuilder, Pauline Potter, the world's heaviest woman, Tom Lackey, an aerobatic wing walker, and Zeus, the tallest dog that ever lived. Also featuring is a man whose achievements have kept him out of prison, and someone who claims that winning records has brought him closer to God.

BBC2

6.00am CBeebies: Tikkabilla. (R) (C) 96708 **6.30 Balamory.** (R) (C) 1988302 **6.50 Charlie and Lola.** (R) (C) 4015499 **7.05 Cloudbabies.** (R) (C) 7522499 **7.15 Everything's Rosie.** (R) (C) 7511383 **7.25 Bob the Builder: Project Build It.** (R) (C) 2301586 **7.35 Chuggington.** (R) (C) 7351789 **7.45 Octonauts.** (R) (C) 7331925 **8.00 Tilly and Friends.** (R) (C) 5886302 **8.10 Woolly & Tig.** (R) (C) 5159760 **8.15 Mike the Knight.** (R) (C) 6919692 **8.30 Timmy Time.** (R) (C) 6527857 **8.40 Tweenies.** (R) (C) 9505760 **9.00 Numtums.** (R) (C) 9098941 **9.05 Abadas.** (R) (C) 8754186 **9.15 Alphablocks.** (R) (C) 7917334 **9.20 The Rhyme Rocket.** (R) (C) 5304465 **9.35 The Lingo Show.** (R) (C) 3329925 **9.45 Something Special: Out and About.** (R) (C) 3476895 **10.05 Show Me Show Me.** (R) (C) 1282654 **10.35 Mr Bloom's Nursery.** (R) (C) 6082128 **10.55 I Can Cook on the Go.** (R) (C) 6172296 **11.10 Mister Maker Comes to Town.** (R) (C) 2942079 **11.30 BBC World News.** (C) 9499 **12.00pm Daily Politics.** (C) 61876 **1.00 Royal Upstairs Downstairs.** (R) (C) 28234 **1.30 To Buy or Not to Buy.** (R) (C) 1525876 **2.15 Weakest Link.** (R) (C) 1385031 **3.00 Real Rescues.** (R) (C) 2714925 **3.45 Wanted Down Under Revisited.** (R) (C) 5111578 **4.30 Flog It!** (C) 7893944 **5.15 Put Your Money Where Your Mouth Is.** (R) (C) 8378186
6.00 Celebrity Eggheads. (C) 147
6.30 Strictly Come Dancing – It Takes Two. With the winners of Sunday night's dance-off. (C) 499
7.00 MasterChef: The Professionals – Michel's Classics. Michel Roux Jr gives the second of two masterclasses in French cuisine, preparing a hand-raised sweet and spicy mutton pie and an Escoffier recipe featuring chicken and tongue. (C) 3857
7.30 Christmas University Challenge. Teams made up of alumni from the University of Newcastle and Loughborough University compete for a place in the semi-finals, with Tanni Grey-Thompson among the contestants. (C) 383
8.00 The Great British Bake Off Christmas Masterclass. *See Pick Of The Day.* (C) 3321
9.00 Wartime Farm Christmas. Historian Ruth Goodman and archaeologist Peter Ginn return to Manor Farm in Hampshire to recreate the conditions that prevailed in rural Britain during the Christmas of 1944. (C) 4447
10.00 Rev. Adam feels the pressure during his first Christmas at St Saviour's. Last in the series. (R) (C) 31147
10.30 Newsnight; (C) Weather. (C) 869383
11.20 Inside Claridge's. Thirty delegations from around the world stay at the hotel during the Olympics. Last in the series. (R) (C) 916925
12.20am BBC News. (C) 43327838
4.00 BBC Learning Zone. (C) 95454161

Channel 4

6.10am The Hoobs. (R) (T) 5446470 **6.35 The Hoobs.** (R) (T) 7292895 **7.00 Freshly Squeezed.** (T) 14031 **7.30 According to Jim.** (R) (T) 33166 **8.00 Everybody Loves Raymond.** (R) (T) 22499 **8.30 Everybody Loves Raymond.** (R) (T) 14470 **9.00 Frasier.** (R) (T) 38050 **9.30 Frasier.** (R) (T) 66321 **10.00 The Big Bang Theory.** (R) (T) 82944 **10.30 The Big Bang Theory.** (R) (T) 34234 **11.00 Kirstie's Homemade Christmas.** (R) (T) 19586 **12.00pm Channel 4 News Midday Summary.** (T) 5583586 **12.05 Kirstie's Handmade Treasures.** (T) 5736925 **12.25** FILM: **Oliver Twist (1948).** Charles Dickens' drama, starring Alec Guinness. (T) 35235654 **2.40 Countdown.** Word game with Alistair McGowan in Dictionary Corner. (T) 7540418 **3.30 1001 Things You Should Know.** (T) 401 **4.00 Deal or No Deal.** Game show, with Noel Edmonds. (T) 7418 **5.00 Come Dine with Me Celebrity Christmas Special.** (T) 8789 **5.30 The Simpsons.** (R) (T) 302
6.00 The Simpsons. (R) (T) 215
6.30 Hollyoaks. (T) 895
7.00 Channel 4 News. (T) 578857
7.55 4thought.tv. Born-again Christian Andy Stephenson gives his views on blasphemy, defending the rights of others to blaspheme even though it upsets him deeply. (T) 638532
8.00 Embarrassing Bodies: Back to the Clinic. Previous online patients come in for treatment, including a man with swollen testicles and a woman with a cyst in a delicate area. Dr Dawn Harper and Dr Christian Jessen present. (T) 5789
9.00 Bad Santas. Part two of two. The aspiring Santas try to find work, but some are more successful than others – and it proves especially tricky for those with a criminal record. (T) 5925
10.00 Ramsay's Kitchen Nightmares USA. The chef helps a failing Mexican restaurant in Philadelphia. Owners Greg and Mary bought the place because of its sentimental value, but the business now threatens their marriage. (T) 7085055
11.05 Homeland. Carrie begins to suspect there is a mole in the CIA, Roya reveals her true colours under interrogation and Saul finds himself fighting to save his career. (R) (T) 587692
12.10am European Poker Tour. (T) 1969890
1.05 KOTV Boxing Weekly. (T) 4787345
1.35 Sailing: America's Cup Discovered. (T) 8027364
2.00 Beach Volleyball. (T) 9332432
2.55 Best of British: This Is Rehab. (R) (T) 7410109
3.50 Freesports on 4. (R) (T) 77650513
4.20 Survival of the Fittest. (R) (T) 51461364
4.45 The Grid. (R) (T) 20074
5.15 Deal or No Deal. (R) (T) 4001838

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 36357857 **6.10 Igam Ogam.** (R) (T) 36371437 **6.20 Fireman Sam.** (T) 36360321 **6.30 Jelly Jamm.** (R) (T) 67234079 **6.45 Peppa Pig.** (R) (T) 32391741 **6.50 Olive the Ostrich.** (T) 32398654 **6.55 Little Princess.** (R) (T) 80802147 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 9786876 **7.20 The Mr Men Show.** (R) (T) 9766012 **7.35 Thomas & Friends.** (R) (T) 6612944 **7.45 Noddy in Toyland.** (R) (T) 6632708 **8.00 Fifi and the Flowertots.** (R) (T) 4869673 **8.15 Peppa Pig.** (T) 4032296 **8.25 Peppa Pig.** (R) (T) 4056876 **8.35 Roary the Racing Car.** (R) (T) 1463963 **8.50 Bananas in Pyjamas.** (R) (T) 4358437 **9.00 Tickety Toc.** (R) (T) 1638654 **9.25 Angelina Ballerina.** (T) 9153321 **9.30 Hana's Helpline.** (R) (T) 8269147 **9.40 Mist: Sheepdog Tales.** (R) (T) 8249383 **9.55 Mexican Food Made Simple.** (R) (T) 5023925 **10.25 Emergency Bikers.** (R) (T) 3783437 **11.25 Superior Interiors with Kelly Hoppen.** (R) (T) 3213079 **12.20pm 5 News Lunchtime.** (T) 84047296 **12.25 Build a New Life in the Country.** (R) (T) 95251578 **1.30** FILM: **Hitched for the Holidays (2012).** Festive romantic drama, with Joseph Lawrence. (T) 54605019 **3.10** FILM: **Mrs Santa Claus (1996).** Period musical, starring Angela Lansbury. (T) 73895586 **5.00 5 News at 5.** (T) 2252079 **5.30 Emergency Bikers.** (R) (T) 1315147
6.30 5 News at 6.30. (T) 8670383
7.00 Highland Emergency. The winchmen prove invaluable in three rescues. (R) (T) 2232215
7.30 Highland Emergency. The Coastguard has difficulty finding an injured walker; (R) (T) 5 News Update. (T) 8609895
8.00 Murder Files: Killer on the Run. The story of Englishman Neil Entwistle, who was convicted of the murders of his American wife and their nine-month-old daughter in Massachusetts in 2006; (T) 5 News at 9. (T) 2748499
9.00 Body of Proof. A medical student helps Megan after finding the corpse on her dissecting table is not the cadaver she has been working on all term. Starring Dana Delany and Dana Davis. (T) 2751963
10.00 CSI: NY. Mac reopens inquiries into the death of a cyclist. (R) 1413012
10.55 CSI: NY. Stella heads to Greece to investigate her old mentor. (R) (T) 1165925
11.55 Slaves in the Cellar. The story of two Russian girls held captive for almost four years. (R) (T) 7389505
12.55am SuperCasino. 84721161
3.55 House Doctor. (R) (T) 74992635
4.20 HouseBusters. (R) (T) 84557884
4.45 Great Artists. (R) (T) 71544906
5.10 Michaela's Wild Challenge. (R) (T) 22386635
5.35 Michaela's Wild Challenge. (R) (T) 54624180

ITV1

6.00am Daybreak. (T) 661470
8.30 Lorraine. (T) 7538876
9.25 The Jeremy Kyle Show. (T) 3571437
10.30 This Morning. (T) 18963
12.30pm Let's Do Christmas with Gino & Mel. The duo are joined by Jodie Prenger. (T) 66586
1.30 ITV News and Weather. (T) 57187166
1.55 Anglia News and Weather. (T) 73396857
2.00 Storage Hoarders. A man whose mansion is full owing to his passion for collecting. (T) 85031
3.00 Dickinson's Real Deal. David Dickinson and the team head to Mansfield, Nottinghamshire. (T) 8881
3.59 Anglia Weather. (T) 7772741
4.00 Britain's Best Bakery. Four bakeries compete for a place in the final three. (T) 9876
5.00 The Chase. Quiz show, hosted by Bradley Walsh. (T) 9654
6.00 Anglia Tonight; Weather. (T) 673
6.30 ITV News and Weather. (T) 925
7.00 Emmerdale. The tension is palpable in the village as Charity prepares to leave for the trial, while in court, a terrified Chas pleads not guilty. Alicia returns from prison a day early. (T) 2893
7.30 The Unforgettable Larry Grayson. Tribute to the comedian and game-show host who was hailed as an overnight success at the age of 51 and became famous for his catchphrases and camp performances. (R) (T) 437
8.00 Inside Guinness World Records. *See Pick Of The Day.* (T) 7147
9.00 Ruth Rendell's Thirteen Steps Down. Two-part psychological thriller based on the novel, starring Luke Treadaway, Geraldine James, Gemma Jones and Elarica Gallacher. Notting Hill resident Mix Cellini has two dangerous obsessions – his hero, serial killer John Christie, and local supermodel Nerissa Nash. Mix is convinced he and Nerissa are in love and goes to extraordinary lengths to be close to her – but as his fixation grows more powerful, reality and fantasy blend – with disastrous results. Concludes at 10.35pm. (R) (T) 7383
10.00 ITV News at Ten and Weather. (T) 28673
10.30 Anglia News and Weather. (T) 609673
10.35 Ruth Rendell's Thirteen Steps Down. Conclusion of the psychological thriller based on the novel. When Mix finally comes face to face with supermodel Nerissa, reality begins to merge with fantasy, and when Gwendolen returns from hospital he compounds one heinous act with another in a misguided attempt to protect the woman he loves. As his obsessions collide, Mix begins a rapid descent into insanity. Luke Treadaway, Geraldine James, Gemma Jones and Elarica Gallacher star. (R) (T) 525437
11.35 Grimefighters. Extreme cleaners tackle a drug den that was once a family home, and heavy labour is called for when a large number of abandoned fridges are found. Elsewhere, litter-picking becomes too much to bear as fly-tippers push one worker over the edge. (R) (T) 118031
12.05am Jackpot247; ITV News Headlines. 90053513
3.00 Pushing Daisies. (R) (T) 1041068
3.45 ITV Nightscreen. 849345
5.30 ITV Morning News. (T) 72345

ITV1 Central

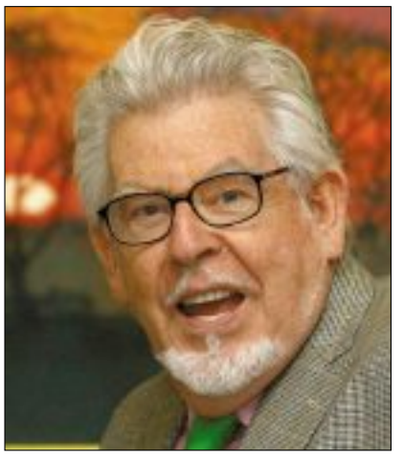
As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

WEDNESDAY December 19

Main Channels

BBC1

6.00am Breakfast. (C) 98244123
9.15 Heir Hunters. (R) (C) 4408426
10.00 Homes Under the Hammer. (R) (C) 12890
11.00 You've Been Scammed. (C) 6258
11.30 Cash in the Attic. (R) (C) 3733906
12.15pm Bargain Hunt. (R) (C) 5359277
1.00 BBC News; Weather. (C) 30242
1.30 Regional News; Weather. (C) 61970364
1.45 Doctors. (C) 908567
2.15 Escape to the Country. (R) (C) 1354161
3.00 BBC News; Weather; Regional News. (C) 4562819
3.05 CBBC: Show Me What You're Made Of. (R) (C) 7657884
3.35 What's New Scooby-Doo? (R) (C) 5181190
3.55 Shaun the Sheep. (R) (C) 7754345
4.00 Help! My Supply Teacher Is Magic. (R) (C) 277
4.30 Rocket's Island. (R) (C) 161
5.00 Newsround. (C) 3343203
5.15 Pointless Celebrities. (C) 9122628
6.00 BBC News; Weather. (C) 426
6.30 Look East; Weather. (C) 906
7.00 The One Show. Hosted by Matt Baker and Alex Jones; (C) BBC News; Regional News. (C) 5123
8.00 Snow Babies. Documentary following baby animals including emperor penguins, snow monkeys, polar bears and arctic foxes surviving in some of the coldest places on Earth. (C) 2161
9.00 Last Tango in Halifax. Celia's treatment of Caroline prompts Alan to call off the wedding, so she faces her demons in a desperate bid to get him back. Gillian and Robbie grow closer. Last in the series. (C) 6797
10.00 BBC News. (C) 846044
10.25 Regional News; Weather. (C) 214703
10.35 The National Lottery Wednesday Night Draws. Myleene Klass presents. (C) 872819
10.45 Film 2012. Reviews of *Jack Reacher*, *Pitch Perfect*, *Life of Pi* and *Midnight's Children*. (C) 149987
11.15 The League Cup Show. Leeds United v Chelsea; (C) National Lottery Update. (C) 468600
11.45 FILM: **Texas Rangers (2001).** A posse of gunslingers is hired to stop Texas from falling into lawless ruin in the aftermath of the American Civil War. Western, starring James Van Der Beek and Dylan McDermott. (C) 285109
1.05am Weatherview. (C) 6135662
1.10 Sign Zone: See Hear. (R) (C) 4697778
1.40 Supersized Earth. (R) (C) 7486056
2.40 Inside Claridge's. (R) (C) 7145391
3.40 MasterChef: The Professionals. (R) (C) 9429681
4.40 BBC News. (C) 9302533



Pick of the day

The Christmas No 1 Story

BBC2, 9pm

Documentary exploring 60 years of British Christmases by way of the songs the public put at the top of the most important chart of the year. The programme looks back through the decades at the personalities and circumstances that gave rise to the festive number ones. With contributions by some of the artists involved, including Rolf Harris, pictured, Noddy Holder, Roy Wood, Boney M, Johnny Mathis and Midge Ure.

Building the Panama Canal

Channel 5, 8pm

Developments in engineering and construction that enabled the completion of a $5billion project to double the capacity of the waterway linking the Pacific and Atlantic oceans. Using CGI animation, the film explores the innovations that allowed the canal to grow in size, looking at breakthroughs made during the building of France's Briare Canal and the Bridgewater and Manchester Ship canals in the UK.

ITV1

6.00am Daybreak. (T) 106345
8.30 Lorraine. (T) 7505548
9.25 The Jeremy Kyle Show. (T) 3548109
10.30 This Morning. (T) 26155
12.30pm Let's Do Christmas with Gino & Mel. The duo are joined by Craig Revel Horwood. (T) 65074
1.30 ITV News; Weather. (T) 57154838
1.55 Anglia News; Weather. (T) 73363529
2.00 Storage Hoarders. A man who loves designer clothes. (T) 96857
3.00 Dickinson's Real Deal. The team visits Preston, Lancashire. (T) 3971
3.59 Anglia Weather. (T) 7676513
4.00 Britain's Best Bakery. Mich Turner and Peter Sidwell visit London with their chosen top three bakery owners. (T) 5906
5.00 The Chase. Quiz show, hosted by Bradley Walsh. (T) 2884
6.00 Anglia Tonight; Weather. (T) 722
6.30 ITV News; Weather. (T) 154
7.00 Emmerdale. Debbie tells the court exactly what she thinks of Chas, Moira confesses to Adam about her fling with Cain, and Priya is concerned Alicia seems so sure she has a future with David. (T) 3513
7.30 Coronation Street. Kirsty confronts Tyrone about the birthday card from Fiz and he does his best to convince her it means nothing, but she soon sees red and her violence reaches new heights. (T) 258
8.00 Weight Loss Ward. Conclusion. A 36st woman who piled on weight following the death of her brother faces life-changing gastric surgery at Sunderland Royal Hospital's obesity unit. (T) 4529
9.00 The Town. Mark tries to play happy families, but a new piece of information from his parents' past comes to light that sends him on a mission to uncover the truth. Last in the series. (T) 7093
10.00 ITV News at Ten; Weather. (T) 27161
10.30 Anglia News; Weather. (T) 151838
10.35 FILM: **Miami Vice (2006).** Two undercover narcotics detectives pose as smugglers to infiltrate a powerful drug cartel. Crime thriller based on the 1980s TV series, starring Colin Farrell and Jamie Foxx. (T) 82607890
12.55am Jackpot247; ITV News Headlines. 1971643
2.20 FILM: **Scarface (1983).** Gangster thriller remake, starring Al Pacino. (T) 64045575
5.05 ITV Nightscreen. 8994136
5.30 ITV Morning News. (T) 15223

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather. (T)

BBC2

6.00am CBeebies. 3334451 **11.30 Daily Politics.** (C) 81890 **1.00pm See Hear.** (C) 38884 **1.30 Lifeline.** (R) (C) 61881426 **1.40 Coast.** (R) (C) 48671600 **1.45 To Buy or Not to Buy.** (R) (C) 906109 **2.15 Weakest Link.** (R) (C) 1352703 **3.00 Real Rescues.** (R) (C) 2618797 **3.45 Wanted Down Under Revisited.** (R) (C) 3911190 **4.30 Flog It!** (C) 7860616 **5.15 Put Your Money Where Your Mouth Is.** (R) (C) 2673398
6.00 Celebrity Eggheads. A team from Radio 4's *The Archers* takes on the quiz champions. (C) 628
6.30 Strictly Come Dancing – It Takes Two. Ian Waite reviews the couples' training progress. (C) 548
7.00 MasterChef: The Professionals – Michel's Classics. The first of two culinary masterclasses by Michel Roux Jr. (R) (C) 9987
7.30 Christmas University Challenge. New College, Oxford, takes on the London School of Economics. (C) 432
8.00 All About The Good Life. The story of the 1970s sitcom about a couple who opted out of the rat race and turned their suburban back garden into a smallholding. (R) (C) 6613
9.00 The Christmas No 1 Story. *See Pick Of The Day.* (C) 6857
10.00 Rhod Gilbert's Work Experience. The comedian becomes a policeman. Last in the series. (C) 30635
10.30 Newsnight; (C) Weather. (C) 126600
11.20 Stuffed: The Great British Christmas Dinner. Documentary on the traditional festive meal. (R) (C) 554109
12.20am The Knight Errant: Lee Child – A Culture Show Special. (C) 1858730
1.20 BBC News. (C) 43770925
4.00 BBC Learning Zone. (C) 75827

Channel 4

6.10am The Hoobs. (R) (T) 5223180 **7.00 Freshly Squeezed.** (T) 37109 **7.30 According to Jim.** (R) (T) 16616 **8.00 Everybody Loves Raymond.** (R) (T) 37345 **9.00 Frasier.** (R) (T) 82722 **10.00 The Big Bang Theory.** (R) (T) 32600 **11.00 Kirstie's Homemade Christmas.** (R) (T) 25364 **12.00pm Channel 4 News.** (T) 5550258 **12.05** FILM: **The Robe (1953).** Historical drama, with Richard Burton. (T) 32907258 **2.40 Countdown.** (T) 7500890 **3.30 1001 Things You Should Know.** (T) 180 **4.00 Deal or No Deal.** (T) 3548 **5.00 Come Dine with Me Celebrity Christmas Special.** (T) 4819 **5.30 The Simpsons.** (R) (T) 38242
6.30 Hollyoaks. (T) 616
7.00 Channel 4 News. (T) 940426
7.55 4thought.tv. (T) 516567
8.00 Kirstie's Vintage Christmas. Kirstie Allsopp shows how to add the perfect festive touches. (T) 2971
9.00 Heston's Fantastical Christmas. A festive feast, including edible decorations and a huge Christmas pudding. Last in the series. (T) 5635
10.00 The Twins Who Share a Body. (T) 505548
10.50 8 Out of 10 Cats: Best Bits. (R) (T) 204432
11.40 Rude Tube: Mashed 'n' Mixed. (R) (T) 254722
12.40am Music on 4: Abbey Road Studios: In Session. (T) 4852285
1.05 Mumford & Sons: Gentlemen of the Road. (T) 1933049
1.20 Little Noise Sessions. (T) 6124865
1.45 Spotlight: Christmas Special. (T) 4940488
2.00 Made in Chelsea. (T) 831907
3.50 Deal or No Deal. (R) (T) 5271662
4.45 Countdown. (R) (T) 9217865
5.30 Make Do & Mend. (R) (T) 2187049
5.55 Quick Bakes with Eric Lanlard. (R) (T) 3800827

Channel 5

6.00am Milkshake! 1310797 **9.55 Mexican Food Made Simple.** (R) (T) 5927797 **10.25 Emergency Bikers.** (R) (T) 3750109 **11.25 Superior Interiors with Kelly Hoppen.** (R) (T) 3273451 **12.20pm 5 News.** (T) 84941068 **12.25 Build a New Life in the Country.** (R) (T) 33051190 **1.30** FILM: **Battle of the Bulbs (2010).** Christmas comedy, with Daniel Stern and Matt Frewer. (T) 67806451 **3.15** FILM: **The Santa Suit (2010).** Comedy, starring Kevin Sorbo and Jodie Dowdall. (T) 73870277 **5.00 5 News.** (T) 2212451 **5.30 Emergency Bikers.** (R) (T) 1382819
6.30 5 News. (T) 8574155
7.00 World's Strongest Man 2012: Qualifiers. James Richardson presents action from the fourth and penultimate Giants Live Series event, staged at Headingley in Leeds; (R) (T) 5 News. (T) 2722451
8.00 Building the Panama Canal. *See Pick Of The Day;* (T) 5 News. (T) 2635971
9.00 Chris Tarrant: Extreme Railways. Chris takes a trip through India on the Konkan railway, a line that runs down the west coast and connects the port cities of Mumbai and Mangalore. Last in the series. (T) 2728635
10.00 FILM: **Blade II (2002).** The vampire slayer teams up with his enemies to defeat mutant creatures preying on the living and the undead. Action thriller sequel, with Wesley Snipes and Kris Kristofferson. (T) 25542398
12.20am True Horror: Dracula. (R) (T) 7734579
1.15 SuperCasino. 17000001
3.55 House Doctor. (R) (T) 74896407
4.20 HouseBusters. (R) (T) 84524556
4.45 Great Artists. (R) (T) 71448778
5.10 Michaela's Wild Challenge. (R) (T) 1554952

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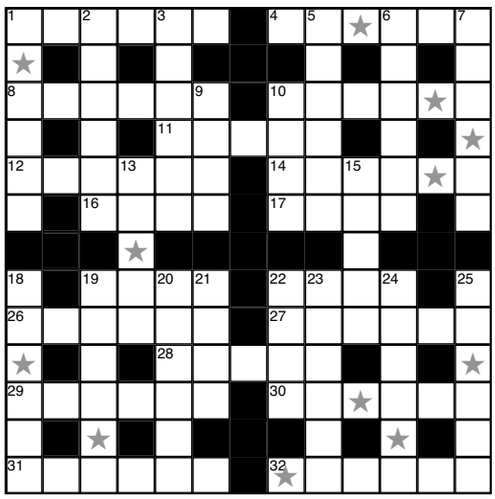
Puzzle Challenge

Every Wednesday in the **Newmarket News**

FOUR PAGES OF CROSSWORDS, QUIZZES, SUDOKUS, KAKUROS - AND MUCH, MUCH MORE

STARSPOT CROSSWORD

Can you find the celebrity name hidden in this Starspot Crossword? Complete the crossword in the normal way then make a note of the letters contained in all the squares which are marked with shaded stars. These letters will make an anagram of the name you are looking for.



ACROSS

1. Ascends (6)
4. Expresses coherently (6)
8. Sprinkles (6)
10. Middle (6)
11. Norma (anag.) (5)
12. Sprinter (6)
14. Closed securely (6)
16. Pitch (4)
17. Rim (4)
19. In addition to (4)
22. Leave out (4)
26. Natural gift (6)
27. Disappear (6)
28. More secure (5)
29. One or other (6)
30. Equestrians (6)
31. Is forbidden to (6)
32. Strains (6)

DOWN

1. Faint-hearted person (6)
2. Determined (6)
3. Infertile (6)
5. Unwrapped (6)
6. Bovine animals (6)
7. Pays out (6)
9. Painful (4)
10. Valise (4)
13. Of high birth (5)
15. Another time (5)
18. Rivulet (6)
19. Shallow dishes (6)
20. Hidden (6)
21. Celebrity (4)
22. At an end (4)
23. Naval soldier (6)
24. Large cats (6)
25. Spectres (6)

Each question has four possible answers and is worth from one to 15 points. Circle your chosen answers and keep a record of your points total. Maximum total points 120.

The Accumulator Quiz

QUESTION 1 – for 1 point:
Which pirate was Peter Pan's enemy?
A Captain Pugwash
B Captain Cook
C Captain Ahab
D Captain Hook

QUESTION 2 – for 2 points:
Which of these metals is the heaviest per cubic centimetre?
A Lead
B Copper
C Tin
D Gold

QUESTION 3 – for 3 points:
What colour is the Joker's hair in the 1989 film Batman?
A Orange
B Green
C Blue
D Yellow

QUESTION 4 – for 4 points:
How many breeds of dog are recognised by the Kennel Club?
A 65
B 124
C 210
D 297

QUESTION 5 – for 5 points:
For which Formula 1 racing team are Lewis Hamilton and Jenson Button the drivers in the 2012 racing season?
A Mercedes
B Red Bull
C Williams
D McLaren

QUESTION 6 – for 6 points:
In Edward Lear's nonsense poem, what did the Pobble lose in the Bristol Channel?
A His hair
B His toes
C His shoes
D His ears

Actor Hugh Grant. See Question 7

QUESTION 7 – for 7 points:
With which film did Hugh Grant win best actor Golden Globe and BAFTA awards?
A An Awfully Big Adventure
B Sense And Sensibility
C Four Weddings And A Funeral
D The Remains Of The Day

QUESTION 8 – for 8 points:
What nickname was given to the communications satellite Intelsat 1, launched in 1965?
A Telstar
B Nimbus
C Early Bird
D Echo

QUESTION 9 – for 9 points:
For what type of toy was the Pelham company known?
A Teddy bears
B Jigsaws
C Rocking horses
D Puppets

QUESTION 10 – for 10 points:
Which spice is obtained from the inner skin of the nutmeg?
A Mace
B Saffron
C Allspice
D Cinnamon

QUESTION 11 – for 11 points:
What is a magnus hitch?
A A kink in the curve of a graph
B A deviation from true North
C A clove hitch with another turn
D An unexpected event (US)

QUESTION 12 – for 12 points:
Which raid in 793 AD is said to mark the start of the Viking Age in Great Britain?
A Orkney
B Lindisfarne
C Whitby
D Peterhead

QUESTION 13 – for 13 points:
What name is given to streams of gas radiating from the Sun?
A Excrescences
B Noctilucent cloud
C Solar expulsions
D Prominences

QUESTION 14 – for 14 points:
Which Gilbert and Sullivan opera has the alternative title The Slave Of Duty?
A The Pirates Of Penzance
B The Yeomen Of The Guard
C HMS Pinafore
D Ruddigore

QUESTION 15 – for 15 points:
Which Swedish children's writer created the character Pippy Longstocking?
A Per Nilsson
B Astrid Lindgren
C Laura Trenter
D Ingelin Angerborn

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puzzle drome

SUDOKU

THERE is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

		7	4			3		
			7					9
		3	9	8	2		7	5
9							4	1
7	2			4				
		1			9	2	8	6
1			8					
				5	6		2	
	3			1				7

Moderate

				8				4
			7	1				
8		6		9		1		
4		9	8					
			9					7
	2						4	1
			1	2				
		5			4		8	
2	3		6			4		

Difficult

	6		5					
		2	1		6	8		
		8			2			9
		6	7	3				4
							3	
	2		8			7		
	4	3		6			5	
5					1			
	7							

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CROSS CODE

22	21	1	18	17	11	17	12	■	1	4	6	17
9	■	■	3	■	3	■	26	■	4	■	■	14
16	■	22	9	4	11	19	21	26	24	23	■	22
15	3	26	9	■	9	■	8	■	22	16	26	17
■	■	21	■	7	17	4	25	23	■	5	■	25
1	2	1	9	17	■	26	■	13	21	24	17	23
3	■	17	■	9	4	26	15	17	■	4	■	17
11	3	12	4	9	■	21	■	12	4	26	17	23
3	■	16	■	2	4	8	25	23	■	3	■	■
20	17	26	21	■	24	■	17	■	23	25	21	8
17	■	17	14	10	16	3	23	3	11	17	■	3
25	■	■	17	■	23	■	11	■	17	■	■	25
23	17	17	25	■	17	4	23	11	8	4	26	12

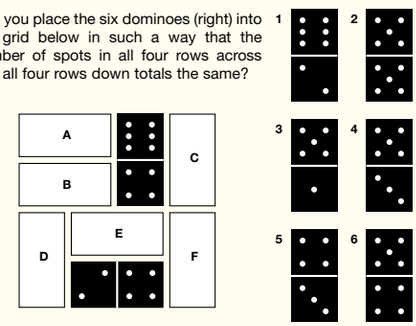
ABCDEFGHIJKLMNOPQRSTUVWXYZ

1 C	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21 O	22 P	23	24	25	26

Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.
As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

SPOT CHECK

Can you place the six dominoes (right) into the grid below in such a way that the number of spots in all four rows across and all four rows down totals the same?



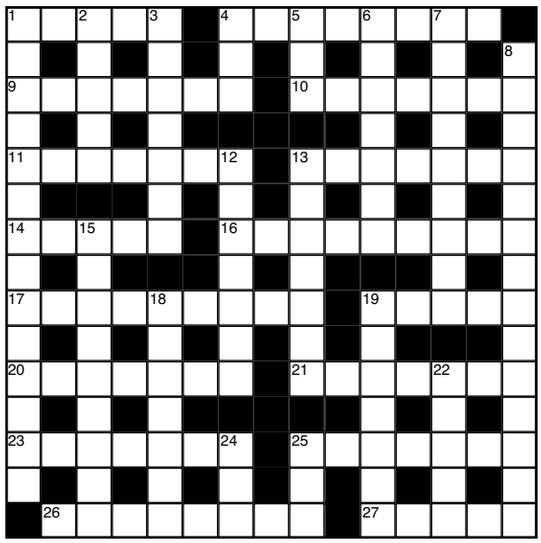
PATHWORDS

Starting from the central shaded letter, move one letter at a time (up, down, right or left, but not diagonally) to find 16 types of ships and boats.

B	I	N	C	E	I	G	H	T	E	R
A	I	U	R	R	E	T	S	A	O	C
C	S	E	R	F	R	T	R	A	C	O
T	H	C	A	Y	T	H	G	W	R	L
A	M	A	T	R	E	L	I	L	E	L
R	A	C	A	E	F	Y	H	R	E	I
L	N	Y	R	R	T	D	G	P	V	E
I	F	E	B	O	A	I	N	I	T	S
R	J	U	B	L	I	A	M	L	O	S
E	K	N	O	A	T	I	R	T	U	E
K	A	E	R	B	E	C	E	T	C	L

General Knowledge Crossword

Who? .... Why? .... How? When? ..... Where?



ACROSS

1. Remove faults from computer program (5)
4. -------- Walk, street in City of Westminster (8)
9. Antonio -------, Italian composer 1678-1741 (7)
10. Route followed on a military expedition (7)
11. Fat from wool used in ointments (7)
13. Archangel who foretold the birth of Jesus (7)
14. Coastal town south of Rome (5)
16. Block of compressed coal dust used as fuel (9)
17. One of the two main cavities of the heart (9)
19. Prop that resists pressure (5)
20. Dry highly-seasoned pork sausage (7)
21. Short fictional prose narrative (7)
23. Spasm of the muscles of mastication (7)
25. Humdrum way of living or doing (7)
26. Mountain south-east of Fort William (3,5)
27. ----- kebab, dish of slices of lamb cut from a block grilled on a spit (5)

DOWN

1. One who takes the opposing view for the sake of argument (6,8)
2. Minister of Health from 1945 to 1951 (5)
3. US spacecraft that became the first to orbit Jupiter in 1995 (7)
4. Abbreviation for British Standards Institution (3)
5. Propel with oars (3)
6. Large deer that has antlers in both sexes (7)
7. Roman fighter or combatant (9)
8. Four-wheel-drive vehicle used in and around urban areas (7,7)
12. 1842 opera by Giuseppe Verdi (7)
13. Relating to either of two countries in West Africa (7)
15. White powder used as an additive in paints and ointments (4,5)
18. 1988 film starring Dustin Hoffman (4,3)
19. Attacked ferociously especially with the teeth (7)
22. Long-range radio-navigation system (5)
24. Abbreviated word for a gold coin (3)
25. --- divinum, divine right (3)

WORD WIZARD

Here is an unusual word with three definitions, only one of which is correct. Can you identify the right definition?

CONACRE

1) ***An obsolete brass instrument, similar to a trombone;***
2) ***The custom of letting farmland in Ireland in small portions for rent either in money or labour;***
3) ***A species of small evergreen tree, found only in certain areas of Scotland.***

DIALLING CODES

Telephone dialling pads combine several letters on one key. Here we have encoded several sets of words or items by using numbers rather than letters. Then we have divided them into groups of three characters and run all the names one after another to make your task a little more difficult. Can you crack the code?

1 [ ] ' –	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ

Spaces and any punctuation marks are represented by 1.

1. ***20th century rock groups***

353 389 663 162 217 465
135 693 147 661 624 336
143 637 471 733 146 812
445 417 377 377 176 554
641 786 637 172 346 432
316 382 554 22

2. ***Academy Award-winning actors***

522 516 424 657 661 945
542 614 878 153 846 177
223 912 361 546 475 391
436 791 366 321 253 214
846 637 715 373 691 476
671 251 722 466

3. ***items found on British roads***

297 277 182 762 217 686
322 688 177 333 122 637
213 596 837 138 251 227
742 439 291 944 831 546
312 368 725 173 737 828
466 126 552 73

4. ***breakfast foods and drinks***

224 351 683 754 134 416
726 431 584 231 767 743
431 728 724 319 644 878
153 343 733 122 266 186
278 168 747 666 718 662
863 7

5. ***breeds of dog***

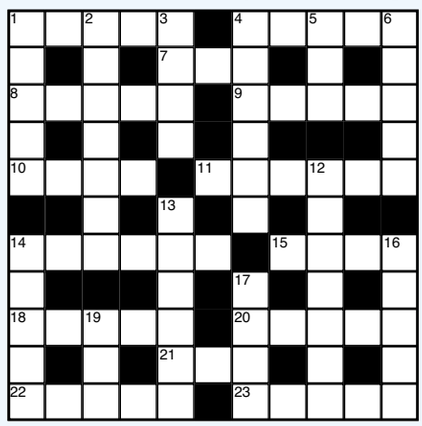
944 773 817 812 376 273
177 746 437 177 264 351
726 693 317 663 531 639
368 635 263 128 551 627
843 317 646 837 126 554
313 623 762 6

6. ***UK national parks and conservaton areas***

525 313 478 742 817 669
366 421 667 365 512 762
371 396 667 196 757 447
313 253 716 391 367 378
166 784 862 375 263 173
251 347 874 28

SPORTSWORD

A test of knowledge for the sporting enthusiast



ACROSS

1. Liverpool and Brazil midfielder (5)
4. ----- Robinson, England rugby player (5)
7. Maurice ---, Stoke midfielder (3)
8. ----- Britain, men's Olympic hockey champions in 1988 (5)
9. Ayrton -----, F1 world champion (5)
10. Liverpool and Wales striker (4)
11. ------ Carson, Derby-winning jockey (6)
14. Edinburgh-based football club (6)
15. Two-time Champion Hurdle winner (4)
18. ----- Sham, 1000 Guineas winner (5)
20. Paul -----, Olympic 800 metres champion in 1988 (5)
21. --- Brown, Man Utd defender (3)
22. Phillipe -----, France threequarter (5)
23. ----- Bramble, Sunderland defender (5)

DOWN

1. Dan -----, England wing-threequarter (5)
2. Football club whose home is Stamford Bridge (7)
3. ---- Johnson, Derby midfielder (4)
4. ------ Leonard, winner of golf's Open Championship in 1997 (6)
5. --- Princess, Oaks and St Leger winner in 1983 (3)
6. ----- Fraser, Wimbledon champion (5)
12. ------- Fignon, Tour de France winner (7)
13. ------ Senators, Canadian ice hockey team (6)
14. Jack -----, England batsman (5)
16. ----- Deayton, comedian and broadcaster who had trials with Crystal Palace (5)
17. George ----, Man Utd forward (4)
19. --- Campbell, England centre-back (3)

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PERSONALITY PAIR-UP

Can you identify these six well-known personalities whose faces have been divided into two? Then, with the help of the three clues, can you pair the personalities into groups of two and also decide what links the members of each pair?
Score one point each for identifying who the personalities are, score a further point each for successfully pairing the three couples and a further point each for knowing the reasons why the personalities are linked. The maximum score is therefore 12 points.

A **B** **C** **D** **E** **F**

1 **2** **3** **4** **5** **6**

CLUE 1
A Delorean and some plutonium ensured fun times

CLUE 2
Rubber gloves and mops at the ready

CLUE 3
United by grief in a BBC TV drama

SIGNWORD

In this crossword the clues are printed in what would normally be the 'black' squares. Follow the signs from each clue to find where the word should fit.

Counterfoil		Nuclear device	Group of eight		Type of element		Vim Burnt remains
Windpipe Prosecute							
			Knocks				
Biblical tower						Weed	
Information	Fuss		Small child Insect				Animal's foot
				Opening			
Professor Classify				Epoch			
				Novel			

CON TRICK

S		G	G		S	T	S	■		R	G	
	■	■	R	■	N	■	H		S	■	■	X
M	■	R		C		V		R		D	■	P
	B		Y	■		■	L	■	S		K	
■	■	P	■	S	T		F	F	■	N	■	N
S	L			P	■	R	■		D	G		S
W	■	R	■		R	B		T	■		■	
	F	T		R	■		■	C		R	T	S
L	■		■	T		N	T	H	■		■	■
L	Y	R		■	X	■	R	■	S		C	K
	■	S		N		T		S		S	■	N
W	■	■	S	■	S	■	B	■	W	■	■	
S		C	T	■	T	R			S		R	

In this cross-word we have removed all the vowels and just left the conso-nants. Can you fill in the gaps, using only the five vowels (A, E, I, O, U) to complete the grid?

MAKE A DATE

In which year did all three of these significant historical events take place?

1. The Mediterranean island of Malta becomes a British dominion.
2. Amelia Earhart becomes the first woman to pilot an aircraft across the Atlantic Ocean.
3. Coca-Cola is launched in Europe at the Amsterdam Olympics.

WAS IT? a) 1920; b) 1924; c) 1928; d) 1932; e) 1936.

.... and in which year did all three of these events take place?

1. The Peanuts cartoon strip by Charles M. Schultz begins publication in seven US newspapers.
2. President Harry Truman sends US military personnel to Vietnam to aid French forces.
3. The Korean War begins with the capture of Seoul by North Korean troops.

WAS IT? a) 1946; b) 1950; c) 1954; d) 1958; e) 1962.

MISSING LINK

Each pair of words has a missing word between them that acts as a link to both (e.g. FRONT – DOOR – MAT). The initial letters of the six answers (reading downwards) will spell out a type of hat.

FORKED	– – – – – –	**TWISTER**
BREAD	– – – –	**CALL**
BLACK	– – –	**JET**
FRONT	– – – –	**DANCING**
JELLY	– – – –	**BUGGY**
CALLOW	– – – – –	**HOSTEL**

COMMON LINK

The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

1. Which oven-cooked dish is made of ice cream and cake topped with meringue?
2. Which station on the East Anglian main line lies between Stratford and Forest Gate in east London?
3. Which country has Tbilisi as its capital city?
4. Which actress played the author and naturalist Joy Adamson in the 1966 film Born Free?
5. Which playwright twice won the Pulitzer Prize for Drama (for A Streetcar Named Desire in 1948 and Cat On A Hot Tin Roof in 1955)?

KAKURO

Fill in the blank squares in the grid with numbers so that each horizontal or vertical line adds up to the total given in the box either to the left or above it. Horizontal totals are given in the top right corners of the shaded boxes; vertical totals in the bottom left corners.You can use the numbers 1 to 9, but may not use the same number more than once in any run. The number may be used again, however, in the same row or column but as part of another run.

GENTLE

				23	4		
			10 14			20	
		27 14					14
	14 12				8		
7					16 16		
10			10 5				
	25						
		13					

CHALLENGING

	8	28	28	12		34	10
11					7 17		
42							
15				14 16			
	39						
	10	10 15					
16							
24							

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Giant Double Crossword

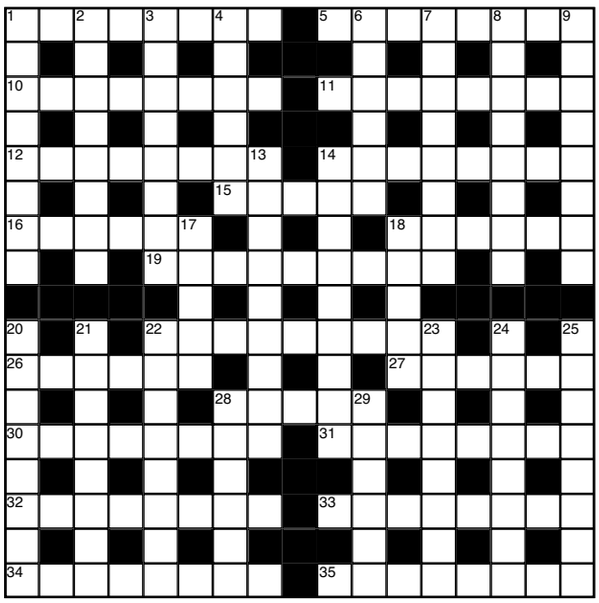
CRYPTIC CLUES

ACROSS

1. Become gradually smaller when the wick has gone (5,3)
5. Venomous creature disseminates tripe about important person (3,5)
10. Traitor found drink carrier included (8)
11. Separate set cried out (8)
12. Lankier when reordering large gin (8)
14. Workers' headwear, but probably not clerical (5,3)
15. Eager but preferably curtailed (5)
16. See doctor after a patient's beginning to show confidence (6)
18. Make something more equal or still higher (4,2)
19. Idyllic opera involving shepherd with beer (9)
22. Guy that will only frighten one bird? (9)
26. Bath on order for old vineyard owner (6)
27. Andrew arranged ramble (6)
28. But he works with wilder animals (5)
30. Strong flow, pure chaos (8)
31. Response concerning battle (8)
32. Getting to the point where it's hurting a second time (8)
33. One bed in nine required for its victims? (8)
34. Being scared in garden I'd constructed (8)
35. Dull hair? Sleep on it (8)

DOWN

1. Boot gang removed from sledge (8)
2. Obviously only the second half follows a type of leather (8)
3. Nobleman in the slope had a light for the car (4,4)
4. Touching proposal? (6)
6. Wintry eavesdropper (6)
7. Someone may be called in such a case (8)
8. Keen to be forcing a way in (8)
9. Rush over the line to get some music from it (4,4)
13. Predatory parrot Ali ordered (9)
14. Eccentric symbol (9)
17. Cricketer and child made up a group (5)
18. It's hard work to put grease on this joint (5)
20. Bad sin, pride – but directed by divine influence! (8)
21. Decline direction to say farewell to town in Wales (4,4)
22. The cards surprisingly became stiffer (8)
23. Be on one's guard, timekeeper's wrong (5,3)
24. Stuff put in food is habit-forming if not caught (8)
25. Cost includes new ship for royal (8)
28. Move over to start tap running (4,2)
29. Mother of 25 Down perhaps is in Canadian city (6)



QUICK CLUES

ACROSS

1. Put in columns (8)
5. Type of roof (8)
10. Unit of electromotive force (8)
11. Not expressly stated (8)
12. Broadening (8)
14. Crustacean's cover (8)
15. Tetra (anag.) (5)
16. Lump of precious metal (6)
18. Set (6)
19. Fullness (9)
22. Diminished (9)
26. Immediate involuntary response (6)
27. Bowman (6)
28. Modelled (5)
30. Nudity (8)
31. Residing (anag.) (8)
32. Plain, unadorned (8)
33. Show differences (8)
34. Electrical apparatus (8)
35. Entered uninvited (8)

DOWN

1. Begin flight (4,4)
2. Sturdy, thickset dogs (8)
3. Mauve-flowered shrub (8)
4. Natural gift (6)
6. Small village (6)
7. Amulet (8)
8. Spanish estate (8)
9. Meridian (8)
13. Eating establishment (5,4)
14. Brine (9)
17. Teletype machine (5)
18. Old Testament book (5)
20. Wooden platter (8)
21. Frequently (poetic) (8)
22. Melts (8)
23. Racing car (8)
24. Asian country (8)
25. Apprehended (8)
28. Pretentious (6)
29. Refuse to recognise (6)

WORDSEARCH

Can you find the ten grape and wine varieties hidden in this wordsearch? The answers can be found running backwards or forwards, horizontal, vertical or diagonal.

1. BAROQUE
2. BEAUJOLAIS
3. CHABLIS
4. CHARDONNAY
5. GRAVES
6. GRENACHE
7. PINOT BLANC
8. RIESLING
9. SAUTERNES
10. SEMILLON

U	G	Y	A	N	N	O	D	R	A	H	C
D	N	E	U	Q	O	R	A	B	E	T	H
F	I	M	H	S	E	P	L	I	V	O	A
P	L	Y	E	C	K	A	B	R	U	N	B
N	S	A	H	T	A	U	Q	H	W	A	L
O	E	G	L	O	D	N	G	R	E	Z	I
L	I	X	S	E	N	R	E	T	U	A	S
L	R	V	A	L	C	I	H	R	N	E	T
I	T	H	U	S	E	V	A	R	G	S	U
M	O	C	N	A	L	B	T	O	N	I	P
E	J	I	M	D	E	F	R	Y	P	T	A
S	I	A	L	O	J	U	A	E	B	Y	S

TRAINS OF THOUGHT

What words link the following definitions?

_ _ _ _ L _

1. a cake made from batter;
2. to write in a wordy manner;
3. vacillation.

_ A _ _

1. a deep involuntary breath;
2. to be wide open;
3. a boring event.

TRANSFORMERS

Add the letters of the first word to make a new word with the additional letter(s) provided.

Clue: A heavy drinker can consume a tree.

_ _ _ + S
= S _ _ _

Clue: Take a step into room.

_ _ _ _ + S
= S _ _ _ _

ALL THE ANSWERS

Common Link
1 Baked Alaska; 2 Maryland; 3 Georgia; 4 Virginia McKenna; 5 Tennessee Williams. Common link: States of the USA.

Giant Double Crossword

Cryptic: Across – 1 Taper off; 5 Pit viper; 10 Betrayer; 11 Discrete; 12 Ganglier; 14 Cloth cap; 15 Rattle; 16 Aplomb; 18 Even up; 19 Pastorale; 22 Scarecrow; 26 Nabob; 27 Wander; 28 Tamer; 30 Powerful; 31 Reaction; 32 Reaching; 33 Nicotine; 34 Dreading; 35 Mattress.

Down – 1 Toboggan; 2 Patently; 3 Rear lamp; 4 Feeler; 6 Icicle; 7 Vocative; 8 Piercing; 9 Reed pipe; 13 Raptorial; 14 Character; 17 Batch; 18 Elbow; 20 Inspired; 21 Ebbw Vale; 22 Starched; 23 Watch out; 24 Additive; 25 Princess; 28 Turn on; 29 Regina.

Quick: Across – 1 Tabulate; 5 Thatched; 10 Kilovolt; 11 Implicit; 12 Widening; 14 Seashell; 15 Treat; 16 Nugget; 18 Harden; 19 Repletion; 22 Decreased; 26 Reflex; 27 Archer; 28 Posed; 30 Naturism; 31 Ringside; 32 Homespun; 33 Contrast; 34 Resistor; 35 Intruded.

Down – 1 Take wing; 2 Bulldogs; 3 Lavender; 4 Talent; 6 Hamlet; 7 Tallisman; 8 Hacienda; 9 Dateline; 13 Grill room; 14 Saltwater; 17 Telex; 18 Hose; 20 Trencher; 21 Ottimes; 22 Deforests; 23 Dragster; 24 Thailand; 25 Arrested; 28 Pseudo; 29 Disown.

Trains of Thought
1. Waffle.
2. Yawn.

Transformers
1. Oak + S = Soak.
2. Pace + S = Space.

Missing Link
1. The year was 1928.
2. The year was 1950.

Make a Date
3. bypass; tarmac; roundabout; speed camera; flyover; dual carriageway; white line; central reservation; bollard.
4. bagel; muesli; egg; orange juice; porridge; sausage; yoghurt; kedgeree; bacon; toast; mushrooms; tomatoes.
5. whippet; St Bernard; springer spaniel; Samoyed; poodle; Newfoundland; bull mastiff; pointer; collie; doberman.
6. Lake District; Snowdonia; Norfolk Broads; Exmoor; Yorkshire Dales; New Forest; Northumberland; Peak District.

Pathwords
ferry; catamaran; lifeboat; dinghy; lighter; yacht; cabin cruiser; freighter; coaster; trawler; collier; pilot vessel; cutter; mail-boat; icebreaker; junk.

Sportsword

Across – 1 Lucas; 4 Jason; 7 Edu; 8 Garat; 9 Senna; 10 Rush; 11 Willie; 14 Hearts; 15 Bule; 18 Bosra; 20 Feng; 21 Wes; 22 Sella; 23 Titus.

Down – 1 Luger; 2 Chelsea; 3 Seth; 4 Justin; 5 Sun; 6 Neale; 12 Lauren; 13 Ottawa; 14 Hobbs; 16 Angus; 17 Best; 19 Sol.

Personality Pair-Up
1 Michael J. Fox (A6) and Christopher Lloyd (E3) starred in the Back To The Future film trilogy; 2 Aggie Mackenzie (B5) and Kim Woodburn (D1) appeared in the Channel 4 programme How Clean Is Your House?; 3 In 2006 Bill Nighy (C4) and Miranda Richardson (F2) starred in the TV drama Gideon's Daughter.

Common Link
1 Baked Alaska; 2 Maryland; 3 Georgia; 4 Virginia McKenna; 5 Tennessee Williams. Common link: States of the USA.

Starspot Crossword

Across – 1 Climbs; 4 Voices; 8 Waters; 10 Centre; 11 Roman; 12 Runner; 14 Sealed; 16 Tone; 17 Edge; 19 Plus; 22 Omit; 26 Talent; 27 Vanish; 28 Safer; 29 Either; 30 Riders; 31 Mustn't; 32 Tenses.

Down – 1 Coward; 2 Intent; 3 Barren; 5 Opened; 6 Cattle; 7 Spends; 9 Sore; 10 Case; 13 Noble; 15 Again; 18 Stream; 19 Plates; 20 Unseen; 21 Star; 22 Over; 23 Marine; 24 Tigers.

Star Name – ROBERT DE NIRO

General Knowledge Crossword

Across – 1 Debug; 4 Birdcage; 9 Vivaldi; 10 Warpath; 11 Lanolin; 13 Gabriel; 14 Anzio; 16 Briquette; 17 Ventricle; 19 Strut; 20 Chorizo; 21 Gallico; 4 BSI; 5 Row; 6 Carbon; 7 Gladiator; 8 Chelsea tractor; 12 Nabucco; 13 Guineen; 15 Zinc oxide; 18 Rain Men; 19 Savaged; 22 Loran; 24 Sov; 25 Jus.

Down – 1 Devil's advocate; 2 Bevan; 3 Gallico; 4 Bulldog; 5 Cardiff; 6 Ben Nevis; 27 Donor.

Word Wizard
No 2 is correct. Concorde is the custom of letting farmland.

Spot Check
A = 6; B = 5; C = 3; D = 4; E = 1; F = 2.

Dialling Codes
1. Fleetwood Mac; Pink Floyd; Iron Maiden; Genesis; Red Hot Chili Peppers; Rolling Stones; Radiohead; Metallica.
2. Jack Nicholson; William Hurt; Kevin Spacey; Ben Kingsley; Henry Fonda; Alec Guinness; Jeremy Irons; Al Pacino.

Accumulator Quiz
1 – D; 2 – D; 3 – B; 4 – C; 5 – D; 6 – B; 7 – C; 8 – C; 9 – D; 10 – A; 11 – C; 12 – B; 13 – D; 14 – A; 15 – B.

SUDOKU EASY

8	9	7	4	6	5	3	1	2
2	5	4	7	3	1	8	6	9
6	1	3	9	8	2	4	7	5
9	8	5	6	2	3	7	4	1
7	2	6	1	4	8	9	5	3
3	4	1	5	7	9	2	8	6
1	6	2	8	9	7	5	3	4
4	7	9	3	5	6	1	2	8
5	3	8	2	1	4	6	9	7

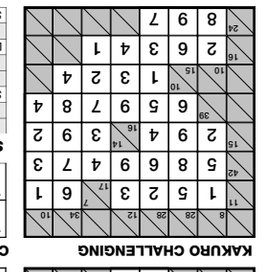
SUDOKU MODERATE

7	1	3	2	8	6	5	9	4
9	4	2	7	1	5	3	6	8
8	5	6	4	9	3	1	7	2
4	7	9	8	3	1	6	2	5
5	6	1	9	4	2	8	3	7
3	2	8	5	6	7	9	4	1
6	8	4	1	2	9	7	5	3
1	9	5	3	7	4	2	8	6
2	3	7	6	5	8	4	1	9

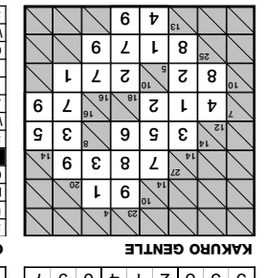
SUDOKU DIFFICULT

9	6	4	5	8	7	3	2	1
7	3	2	1	9	6	8	4	5
1	5	8	3	4	2	6	7	9
8	9	6	7	3	5	2	1	4
4	1	7	6	2	9	5	3	8
3	2	5	8	1	4	7	9	6
2	4	3	9	6	8	1	5	7
5	8	9	2	7	1	4	6	3
6	7	1	4	5	3	9	8	2

KAKURO GENTLE



KAKURO CHALLENGING



CON TRICK

S	U	G	E	S	T	S	U	R
O	B	E	Y	U	L	S	A	K
S	L	O	P	R	E	D	G	E
W	R	O	R	B	I	T	E	E
A	F	T	E	R	A	C	A	R
L	E	T	E	N	T	H	O	N
L	Y	R	E	X	R	S	U	C
O	S	A	N	I	T	I	S	E
W	S	S	B	W	E	D	G	E
S	E	C	T	T	R	E	A	S

WORDSEARCH

U	G	Y	A	N	N	O	D	R
D	N	E	U	Q	O	R	A	B
F	I	M	H	S	E	P	L	I
P	L	Y	E	C	K	A	B	R
N	S	A	H	T	A	U	Q	H
O	E	G	L	O	D	N	G	R
L	I	X	S	E	N	R	E	T
L	R	V	A	L	C	I	H	R
I	T	H	U	S	E	V	A	R
M	O	C	N	A	L	B	T	O
E	J	I	M	D	E	F	R	Y
S	I	A	L	O	J	U	A	E

CROSS CODE

1	C	2	Y	3	I	4	A	5	B	6	V	7	J
14	X	15	G	16	U	17	E	18	K	19	F	20	Z
9	W	8	L	10	Q	11	T	12	D	13	H	14	X
21	O	22	P	23	S	24	M	25	N	26	R	1	C

SIGNWORD

		S				O			P				
	T	R	A	C	H	E	A						
S	U	E			T	A	P	S					
	B	A	B	E	L			H					
		C			T	O	T						
D	A	T	A		G	A	P						
	D	O	N		E	R	A						
S	O	R	T		N	E	W						

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A modern three bedroom semi detached family home in popular village just a few miles from Newmarket. Comprising:- Living room, kitchen, cloak room, bathroom, Radiator heating, Off road parking,and gardens. NO CHAIN!!!

KIER

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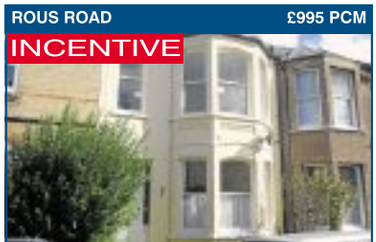
ROUS ROAD £995 PCM

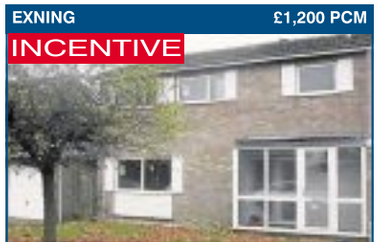
INCENTIVE



A Large 3/4 bedroom Victorian town house in a central location with two reception rooms and off road parking. £250 OFF first months rent for early sign up!!

EXNING £1,200 PCM

INCENTIVE



Impressive detached family home set back from the road with views to both the front & rear. Four bedrooms, garage, front & enclosed rear gardens. £300 OFF FIRST MONTHS RENT if signed up before Christmas.

sales lettings mortgages

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CENTRAL TWO BEDROOM END TERRACE £190,000

Around 160 metres from the high street with views over a field to the rear.
The stylishly decorated accommodation includes a good-sized open plan living/dining room, modern fitted kitchen/breakfast room, two generously proportioned bedrooms and a bathroom of sumptuous proportions!

STUNNING FIRST FLOOR APARTMENT £249,950

Enjoying a central Newmarket location with swimming pool and gymnasium.
The well proportioned and recently redecorated accommodation with underfloor heating comprises entrance hall, sitting/dining room, modern fitted kitchen, two bedrooms (master en-suite) and bathroom.

BURY ST EDMUNDSOFFERS IN EXCESS OF £170,000

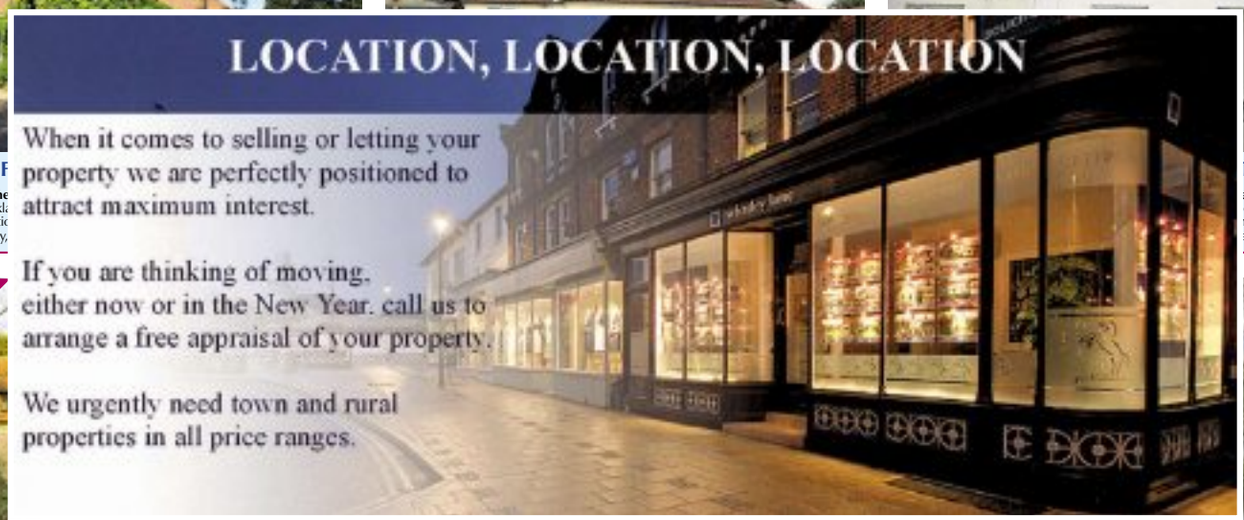
Dating back to the 17th century, this charming Grade II Listed townhouse occupies arguably one of the best locations in the heart of Bury.
It boasts a wealth of period features including exposed beams and floorboards and externally, benefits from an attractive courtyard garden and outbuilding.

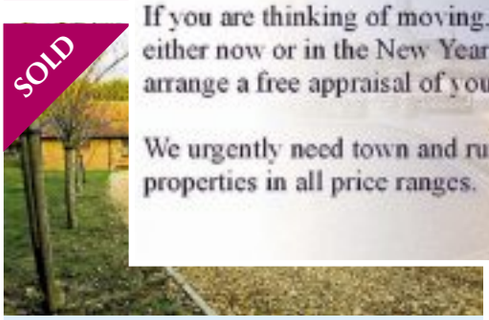
DETACHED F

Situated close to the
Surrounded by parkl
proportionrd recepti
bathroom. Externally,

T £149,950

e.
perty briefly
naster' fireplace,
and courtyard.





SIZABLE PLOT WITH PADDOCKS, EXNING £495,000

Four bedroom home occupying a private location on a no-through road.
Stylishly decorated throughout, this bungalow boasts generous room proportions, a double garage, extensive garden and equestrian facilities including three loose boxes and two paddocks.

FOUR BEDROOMS, TWO BATHROOMS £170,000

Representing an excellent investment opportunity or first time buy.
This deceptively extensive and neatly presented property comprises entrance hall, cloakroom, kitchen/breakfast room, lounge/diner, four bedrooms and family bathroom. Externally it also benefits from an enclosed rear garden and shed.

GLORIOUS GARDENS £215,000

Three bedroom semi-detached family home in Newmarket.
Benefitting from double glazing and gas-fired central heating, this property is presented in good condition throughout. It essentially comprises two spacious reception rooms, a fitted kitchen, three bedrooms, family bathroom and garage.

EXTENSIVE VIEWS IN GREAT BRADLEY £349,950

Four bedroom detached home with an open outlook.
Beautifully presented, well proportioned accommodation including four reception rooms, four bedrooms (master en-suite) and double garage. The private gardens are a joy and have been the subject of loving care over the previous years.

FOUR/FIVE BEDROOMS & PERIOD FEATURES £329,950

Three storey townhouse with attractive front and rear gardens, Newmarket.
Offering well-proportioned living accommodation including three reception rooms, a good-sized kitchen/breakfast room, pantry, four/five bedrooms, family bathroom and a large basement. Externally it also boasts a detached garage.

FIVE BEDROOMS IN A VILLAGE LOCATION £440,000

Boasting an attractive garden, double garage & adjoining office, Fordham.
Accommodation comprises entrance hall, cloakroom, comprehensive kitchen/dining room, family room, utility room, study, dining room, sitting room, galleried landing, five bedrooms (two en-suite) and bathroom.

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Newmarket
£167,000
A superbly presented 3 bedroom end of terrace property situated in an established residential development north of the towns centre.

Kings Warren
£154,995
A well presented 3 bedroom end terraced house situated at the head of a cul-de-sac with a master bedroom with ensuite shower room, a fitted kitchen/dining room and a ground floor cloakroom.

Fordham
£249,950
A 4 bedroom detached house forming part of a small development located close to the centre of this sought after village. The accommodation includes a master bedroom with ensuite shower room.

Wickhambrook
£269,995
A newly constructed individual 4 bedroom detached house forming part of an exclusive development with attractive views over open countryside.

Fordham **£369,950**
A superbly presented detached house delightfully situated at the head of a private cul-de-sac with attractive views to the front over paddocks.The impressive accommodation includes 5 bedrooms with 2 ensuites & 3 reception rooms.

Burwell **£550,000**
A newly constructed 6 bedroom detached house forming part of an exclusive development with open country views and river frontage to Burwell Lode. Features include a ground floor cloakroom, separate utility room, 5 shower/bathrooms, gas central heating and large rear garden.

Kirtling
£275,000
A beautifully presented 3 bedroom semi detached property attractively situated in an elevated semi rural location backing onto stables. Benefits include a modern fitted kitchen & ensuite master bedroom.

Exning
£285,000
A beautifully presented 4 bedroom detached house standing in an excellent position close to the centre of the village with the advantage of a south facing rear garden.

Burwell
£289,950
A completely refurbished 4-5 bedroom detached house standing in an elevated non estate location in a well regarded part of the village.

Burwell
£235,000
A delightful semi detached 2 bedroom period cottage superbly presented throughout with a wealth of original period character including exposed beams and a stunning inglenook fireplace.

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Mitsubishi Lancer is most reliable car of last 15 years

THE Mitsubishi Lancer has been revealed as the most reliable car of the last 15 years, according to automotive warranty specialist, Warranty Direct.

The company is celebrating its 15th anniversary and studied more than 200,000 live and historical policies spanning the decade and a half since it started recording reliability data with its unique Reliability Index in 1997.

The Reliability Index has become an industry benchmark for used car reliability, using a complex formula to rank more than 450 individual models, taking into account factors such as how often the car breaks down, how much it costs to repair, plus average age and mileage.

Japanese and Far Eastern makes have dominated the Reliability Index's annual study in recent years and, barring Vauxhall's diminutive Agila, which is second in the list, they populate most of the 'top 10 most reliable cars' since '97, with Suzuki's Alto third and the Toyota Aygo fourth.

SO RELIABLE: The Mitsubishi Lancer is now only available as a used example

Here's the table showing the most reliable cars from 1997 to 2012:

Model Year Reliability rating*
1. Mitsubishi Lancer (05-08) 6
2. Vauxhall Agila(00-08) 8
3. Suzuki Alto(97-06) 9
4. Toyota Aygo(05-) 10
5= Honda HR-V(98-06) 16
5= Volvo S40(96-04) 16
7. Mazda MX-5(05-) 19
8= Mercedes E Class(06-) 20
8= Toyota Yaris(99-03) 20
10. Honda Jazz(01-08) 21
(*Reliability rating not based purely on failure rate; the lower the RI rating, the more reliable the car overall.)

Mitsubishi stopped building the most reliable version of the Lancer, made famous by its iconic sportscar variant, in 2008 but less than one in 10 broke down in any given 12-month period, with axle and suspension faults causing close to two-thirds of garage visits.

Meanwhile, the second-placed Agila features an average repair cost only three-quarters that of the Lancer but is three per cent more likely to break down, hence its lower ranking. The MX-5 model is so successful in the reliability stakes that it is the only model to appear twice in Warranty Direct's top 20 of the last 15 years, with the car built '98-'05 in 11th position.

Toyota and Honda fare best in the top 10, with two entries apiece in the list, while the supermini category for small cars dominates the most reliable vehicles list.

At the other end of the scale, larger, more sophisticated and luxury cars, such as the Bentley Continental GT, defy their bigger price tags by breaking down more often or costing more to repair.

The similarly iconic Porsche 911 (996) features in the 10 least reliable cars of the last 15 years despite featuring the best annual incident rate of the group, at 39 per cent, because of its hefty average repair cost of £847.52.

The same can be said for prestige brand, Mercedes, whose cars feature three times in the bottom 10 places on the list. The SL, for instance, breaks down less often than almost every other car in the lowest-ranked group, but high repair costs places the car near the foot of the rankings.

Up-to-date vehicle reliability information can be found at any time at Warranty Direct's *www.reliabilityindex.com* website.

500L pumps up Fiat star

PRICING for Fiat's stunning new 500L – the spacious family car that's big on looks, style and attitude – has just been announced by Fiat Group Automobiles UK.

Putting the fun back into functionality, the new 500L starts at just £14,990 for the 1.4-litre 500L Pop Star or Easy – a price that includes a long standard equipment list featuring 5-inch touchscreen radio, Bluetooth, six airbags, ESP stability programme, body-coloured electric door mirrors, cruise control, leather gearknob and steering wheel.

The new 500L – L stands for Large – starts with two trim levels, Pop Star and Easy, which cost the same but have different additional features. In addition to the standard list, new Pop Star features a body-coloured dashboard, alloys and side door mouldings to appeal to a cool, young audience, while Easy gets rear parking sensors, a soft-touch dashboard and electric rear windows in addition to the standard equipment, to attract drivers looking for greater comfort.

The top-of-the-range Lounge model is loaded with even more features, adding to the standard list: climate control aircon, 16-inch alloy wheels, side mouldings, rear parking sensors, electric rear windows, a largest-in-class fixed glass roof, light sensor, rain sensor, front fog lamps and a rear armrest.

Longer than a Fiat Punto and as wide as a Fiat Bravo, the soundly engineered new Fiat 500L, complete with 5-star Euro-NCAP crash safety rating, goes well above and beyond the usual expectations of a mini-MPV. It's unmistakably a member of the Fiat 500 family, but its roominess and flexibility will appeal to young families, and drivers who need the functionality of a family car, but who desire the coolness and cheeky fun-loving attitude which the iconic 500 city car embodies.

15 MOTORS

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Any condition, any age, crash damaged, non-runners
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01525 759236 T

WANTED FOR SPARES
Motorcycles, Mopeds, Scooters, incomplete, complete, or spare parts
Cash paid on collection
07960 248622

Ducati Monster 1000S
Red, 992cc, 19,000 miles, Immobiliser & Alarm, Registered May 2005 (1 owner), FSH, taxed October 2012, MOT expires May 2013
£3,750 ono
07900 991836

Audi

Audi A4
Diesel, 101,000 miles, convertible TDI Sport (53) Red, Automatic, Half leather interior with oak trim, Electric h/seats with lumbar support, Audi concept BOSE multi disc cd player, Alloys, cruise, Dual climate control, AC, electric roof, e/w, recent tyres, Full service history, r/c/l, 7 months Mot, 5 months Tax
£5,195 ono
07744 9453292

Audi A6 3.0 SE QUATTRO
Petrol, 2002, metallic blue, 129,000 miles, Recaro sports seats, full cream leather interior, climate control, bose sound system, xenon headlights, Cruise Control, one previous owner, MOT to aug 2013, Taxed to Jan 2013, good condition.
£2,150
07878 128669
01954 201978

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BMW

1999 (V) BMW 323i Convertible
Silver, 98k, Immobiliser, M-Tech body kit, Alloys, Switchable sport auto gearbox, Rear parking sensors, E/Roof, E/W, E/M, E/front seats, M-Tech steering wheel, Driver/passenger airbags, climate, A\C, Front centre armrest, Radio/CD, FSH. MOT Jul '13, Great car in vgc
£2,750 ono
07753 744557

BMW

BMW 3 Series 316I
4 dr, Manual,128,000 miles, Petrol, Metallic Blue, MOT march 13, Taxed Jan 13, 2 keepers, ABS, Airbags, Heated screen, FSH, Full size spare wheel, Locking wheel nuts, A/C, 18 Spoke alloy wheels, cloth upholstery, cruise control, front armrest, immobiliser, reverse parking sensor, adjustable steering column/wheel, electric door mirrors, front electric windows, rear E/W, Remote central locking,child locks, cheap insurance and very reliable.
£1,950 ono
07749 126819

BMW 320i SE TOURING
2001, manual, estate, petrol, Topaz Blue, 82,600 miles, half leather sports seats, privacy glass, multi CD, Alarm, Immob, A/C, ABS, plus many extras, full BMW service history,12 months MOT.
£2,795
07748 902831

BMW 330d Coupe SE Auto
2008 (08), purchased directly from Elms Stansted, if there's an extra it doesnt have I don't know what it is, 59,500 faultless miles, fully maintained by Elms, recent tyres, MOT, Tax, 40 mpg/155 mph/ 4 seats very comfortable, large boot.
£14,250
07794 416612

BMW 5 Series
520D SE Estate, 2006, Black, 67,000 miles, 2 owners, 6 month unlimited mileage Auto Trust Formula One warranty, MOT end of March 2013, 6 mths tax, 2 recent run flat tyres, 22k left on front brakes, 45k left on rear brakes, FSH, I drive, electric seat, parking sensors, roof rails, multi CD changer, 2 keys, company car forces sale
£8,599 ono
07557 383901

BMW X5 3.0i SPORT
Auto, very low mileage, metallic green, leather, alloys, CD multichanger, alarm, immob, r/c/l, ABS, a/b, PAS, park distance control, cruise control, e/w, air con, climate, front fog lights, FSH, ex cond
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07543 045879

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Enthusiast owned for 25 years. Free road tax. MOT Sept 2013. Hardtop, tan leather interior, brown wool carpets. Radio/Cassette. Stainless steel exhaust. Mechanically sound with overdrive. Excellent cond. Reluctant sale.
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Classic Car 1963 Rover P4 110
Petrol, White, A1 mint condition, Aluminium body, Red interior Stainless steel exhaust, Owned over 25 years, The very best available. Ideal wedding car
£7,000
01954 261393

Mercedes Benz 320 SL Coupe
1995, Under 83,000 miles, Electric seats, Electric soft top, Hard top, MB radio, Many MOT's, Taxed, Dark blue metallic with grey leather, Appreciating classic
£9,750 ono
01487 814418

Rolls-Royce Shadow II
44,000 miles, MOT, Tax, one of 3 built for 1976 motor show in Livery of Peninsular Hotel as featured in 'Man with the Golden Gun', insurance value £20,000,
Outstanding example-offers invited
01799 526595

Commercials

Ford Transit Van SWB
2004, (04), 95,000 miles, Tax/ MOT to end of Feb 2013, good, clean, garage maintained vehicle
£1,850 No VAT
01353 612310
01353 662990

Commercials

Vauxhall Combo CDTI
2008 (08), White, Roof ladder rack, radio/ CD player, 36,000 miles, FSH, MOT until May 2013.
£4,675 no vat.
01223 872595 or 07785 331055

Isuzu NKR Turbo Diesel
Dropside Ply lined tipper, 2002, MoT Oct '13, Tax March '13, one owner from new, FSH, alarmed, immobiliser, good condition
£3,450 no VAT
07974 950444

Peugeot Partner LX600 Van
1.6 HDI, White,57 reg, side loading door, 110,000 miles, 12 months MOT,6 month Tax,very good condition
£2,650
07503 950666

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£4,850 No VAT
01223 871169

Ford Escort van, diesel, white, X reg, Mot - Tax April 2013. £650 Tel: 01279815175 or 07854 901431.

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Fiat

Fiat 500 1.2 Sport

automatic, petrol, 2010, White, 61,000 miles, Alloys, half leather, Blue & me, manufacturers warranty to Jan 2013, MOT & tax Jan 2013

£6,200 ono

07730 585309

Ford

Ford Fiesta

1.3 Finesse, 1999, S-reg, 100k miles, FSH, 3 Door, MOT until July 2013, Taxed, Power Steering, Very economical, Low Insurance, Stereo, Excellent Condition

£650

07881 633006
01223 214818 t

Ford Fiesta

Zetec 1.25 Climate, Petrol, 70,000miles, Panther Black, MOT till March, Tax till Feb, E/W,E/M, 3dr, FSH, lady owner, ipod/mp3 connectivity, tinted rear windows, heated front and rear screen.

£3,395 ono

01480 213920

Ford Focus 1.8 TDCI Estate

diesel, 2004 (54), 5 door estate, silver, manual,110,000 miles, A\C, E/W, cd player, 1 former keeper, FSH, long MOT, Tax, excellent condition throughout

£2,350 ono

SOLD

Ford Fusion + 1.4

5 dr estate, petrol, 2003, Black, 68,000 miles, A\C, Alarm, CD, E/W, E/M, Auto/Manual transmission, Built in DVD, Tax April '13, 12 months MoT, Recent Battery, Tinted Rear Windows

£2,500 ono

01954 200507

Ford Fiesta, 1.1, 5 Door/Speed, 1993, Sun Roof, Recently Major Service, Very Good Condition Inside and Outside, Low Insurance and Running Cost, MOT until June, £595 Tel: 01223 893760 t.

Ford

Ford Ka 1.3

2001, Y regd, metallic red, power steering, MOT Oct 13, Tax Sept 13, new clutch fitted, 77,000 miles, good condition

£775

07587 483038

Ford Mondeo Zetec

5 dr hatch, 2007, Grey, petrol, 74,000 miles, Full Service History, MOT to October 2013, Climate Control, Heated Windscreen, CD, Alloy wheels, excellent condition

£3,850 ono

07880 702772
01954 252958

Ford Fiesta, 1.25LX, 2004, 04 Plate, Silver, Only 44,000 miles, F.S.H, P.A.S, C/locking, E/windows, Airbags, Radio/C.D. Player, Air con, Colour Coded Bumpers, Immobiliser, M.O.T, Warranty, Excellent Condition, £2995, 01799584327 0 7 7 7 9 5 5 7 2 6 7 www.rowleyscars.co.uk t

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Honda

Honda Civic 1.8 i-vtec special edition

2009 (09), only 18,000 miles, Alloys, Leather interior, 6 speed manual, Petrol, 1 lady owner, MOT until March, Tax April 2013, FSH, 2 yrs complimentary service, excellent condition

£8,999

01223 501322
07907 995531

Jaguar

Jaguar XJ 8 3.2

Petrol, 2000 model, Navy, 81,000 miles, ABS, A\C, Alarm, Auto, Alloys, CD, Climate, Cruise Control, E/W, H/Seats, E/Seats, Immobiliser,Cream Leather, Airbag, P/S, MOT June, E/fold/M, Tax Dec, Immaculate condition

£2,450
(all reasonable offers considered)
for quick sale

01763 838142

Land Rover

Land Rover Discovery 3 Series SE

2006 auto diesel,113,000 miles, 12 months MOT, FSH, blue, 7 seats, new tyres, excellent condition

£9,500

Sold

Mazda

Mazda RX-8

2004, 192BHP, 4 door coupe, grey, 64,000 miles, full electrics including sunroof, A\C, heated black leather seats, 6CD Bose stereo, factory fitted bodykit, full Mazda service history, MOT, Tax,

£3,000 ono

07450 500979

MX-5 Sport Convertible 1.8

with hard top & soft top, Petrol, 2004, 46,000 miles, H/Seats, 12 months MOT, leather interior, 6 speed gearbox

£5,000 ono

01223 480053
07890 645904

Mercedes

Mercedes-Benz 230 SLK Roaster

1999, Blue, A\C, 12 track stereo system, electric hard top, automatic/manual gearbox, usual mercedes fittings, sold with 1 year MOT, leather interior, private plate, economical to run, excellent condition

New Price £3250

01638 660987

Mitsubishi

Mitsubishi Showgun Pinin

1.8 GDi 4WD,2001, 3 dr, 31,800 miles, one owner, special order, leather, Sat-nav, sun-roof, side bars, wheel cover, MOT, economical, ideal for winter, fantastic condition.

£3,100

01763 838189
01763 273034

Mini

1990 MINI Flame

50,000 miles, MOT, Tax, winner of it's class Knebworth Motor Show - outstanding show car.

£5,000

01799 526595

Nissan

Nissan Note 1.6

5 dr Automatic hatchback, petrol,14,000 miles, Metallic blue, 1 owner, part leather, A\C, Alloys, CD, Climate, E/W, P/S, bluetooth intergration, sat nav, chrome kit, ABS, central door locking, curtain airbags, drive computer, PAS, electric heated door mirrors, privacy glass (rear side windows).

£6,550 ono

07749 126819

Peugeot

PEUGEOT

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Peugeot 307S HDi Estate

2000cc 110BHP, diesel estate 2004 model, metallic blue paintwork, top spec i.e alloy wheels, air conditioning, 90,000 miles, MOT until Sept 2013.

£1,995

07941 696381

Peugeot SW 307 1.6 SE

5 dr Estate, Manual, Petrol, 2007, Met gun metal grey, A\C, Climate, Cruise, Immob, P/S, E/S/Roof, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, airbags, Tow bar, full MOT, 6 mths tax

£4,700 ono

01223 882010

Renault

Renault Clio Dynamique

1.2 2004, 66,000 miles, MOT, CD player, alloy wheels, air con and metallic paint, good condition.

£1,600

01480 830898

Renault Megane 1.6 Coupe

1998,107,000 miles, PAS, E/W, as new tyres and battery, service history, MOT & Tax March 2013, very reliable, good condition.

£450

07770 322149

RENAULT Clio 1.2 Expression, 1149cc, 2008 (08), F.S.H., 5 Speed Manual, 55,000 Miles, Petrol, 5 Door, Air Con., C.D. Player, P.A.S., Alloys, R/C/L, MOT, Superb Car, £4,450 Tel: 01223 893760 t.

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Rover-MG

MG ZR 1.8VVC

2002, 3 door, 100,000 miles, head gasket done at 97k, A\C, electric windows/mirrors, full electrics including sunroof, remote central locking, 17inch Alloys, tinted windows, aftermarket air filter & exhaust, Service history, MOT, Tax.

£1.395 ono

07450 500979

MG ZR 1.4

2004, Silver, 5 Doors, Genuine 38,000 Miles, Air Con., 5 Alloy Wheels (Spare Unused), One Lady Owner, Very Good Condition, Tax and MOT until Feb' 13,

£1,500 ONO

01223 881151 t

ROVER 75 1.8 SE, 2003, gold, 99,000 miles, 10 months MOT, had full service and cambelt change September 2012, £650 ono. Tel: 01638 578671.

Smart

2009 SMART CAR

Fortwo pure, semi-automatic, petrol, mileage 25,500, taxed until 31st January 2013, MOT until July 2013, 1000cc, colour is black/beige, cloth gray interior, immaculate inside/outside, 2 previous owners, radio/cd player, £3,850 ovno

01366 380058

Subaru

Subaru Forester, 2.0, 4WD, All Weather Pack, 5 door, 2001, 51 Plate, Silver, Only 66,000 miles, F.S.H, 1 Owner, P.A.S, C/locking, E/windows, Airbags, Air con, Radio/C.D. Player, Colour Coded Bumpers, Immobiliser, M.O.T, Warranty, Excellent Condition, £3495 0 1 7 9 9 5 8 4 3 2 7 0 7 7 7 9 5 5 7 2 6 7 www.rowleyscars.co.uk t

Suzuki

Suzuki Swift

1.5 GLX, 5 Dr, Manual, Hatch, 2006, Keyless start-including x 2 keys, r/c/l, met orange, 40,000 miles, ABS, A\C, Alloys, Immob, P/S, c/c bumpers, CD/Radio, Audio steering wheel mounted controls, Spare Wheel, front e/w, Heated door mirrors, High spec, FSH, Tax-31-01-2013. MOT-31-03-2013

£4,550 ono

07742 269072

Toyota

Toyota Avensis

T3 -S Dolphin Grey, 54 reg, 110,000 miles, MOT till Aug 2013,Tax until April 2012, FSH, Alloys, CD, E/W,5sp gear box,1 owner from new, built in Toyota sat nav, excellent condition inside and out.

£2500 ono

07904 865110

Vauxhall

Vauxhall Zafira

2003,7 seater 2 litre DCI diesel, manual elegance, 1 year MOT, FSH, 6 months Tax, dark blue, alloy wheels, good quality pirelli tyres, 106,000 miles, dark cloth interior

£2,350 ono

07711381743
01638 551305

VAUXHALL Vectra 2.0 LS DTi, Diesel, Hatchback, 2001, 5 Speed/Door, Air Con., C.D. Player, Tow Bar, Long MOT, Good Condition, £1,195 Tel: 01223 893760 t.

Vauxhall

Vauxhall Meriva 2005

Turbo Diesel, 47,500 miles, Manual, E/W, CD player, A\C, 5 door, Alloy wheels, Tinted windows, Long MOT will renew if interested before purchase

£3,775 ovno

07789 115962

Vauxhall Zafira

2003,7 seater 2 litre DCI diesel, manual elegance, 1 year MOT, FSH, 6 months Tax, dark blue, alloy wheels, good quality pirelli tyres, 106,000 miles, dark cloth interior

£2,350 ono

07711381743
01638 551305

Vauxhall Corsa SXi + Easytronic

2006, 1.2 Twinport silver 5 door hatchback, petrol, 67,000 miles, 2 lady owners from new, Tax 05/13, MOT 04/13, excellent condition inside and out.

£3,000

Contact Tim
01223 830169

Vauxhall Corsa, 1.2 SXi, 5 door, 2003, 03 Plate, Met. Green, Only 32,000 miles, F.S.H, 2 owners, P.A.S, C/locking, E/windows, Airbags, Radio/C.D. Player, Colour Coded Bumpers & Mirrors, Immobiliser, Long M.O.T, Warranty, Excellent Condition, £2995 01799584327 0 7 7 7 9 5 5 7 2 6 7 www.rowleyscars.co.uk t

Vauxhall Astra, 1.6, Club, 5 door, 2005, 55 Plate, Met. Grey, Only 38,000 miles, F.S.H, 1 owner, P.A.S, C/locking, E/windows, Airbags, Alloys, Radio/C.D. Player, Air con, Colour Coded Bumpers & Mirrors, Immobiliser, Long M.O.T, Warranty, Excellent Condition, £4150 01799584327 0 7 7 7 9 5 5 7 2 6 7 www.rowleyscars.co.uk t

Volkswagen

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07711 788654

Volvo

Volvo V70 SE D5 Estate

2007, auto, diesel, 185 BHP, metallic dark blue, 63,000 miles, all extras plus entertainment package, excellent condition, FSH

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07754 154165

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Sport on Monday Cambridge News

3 HOMES

Articles for Sale

AMMACO girls mountain bike, suit 10-12 years, 15 gears, colour mauve, excellent condition, £35. Tel: 01638 780385.

ATM savings bank by Science Museum, electronic, recognises coins and notes, dummy credit card with personal pin number, lights up, in original box, gwo, £4. Tel: 01638 604424

BOOKS large quantity, good condition, to suit all ages, from 50p each. Also some boxed sets, unused. Tel: 01638 604424 Newmarket.

BOXING shorts (silky) and vest tops by Bryan, size small (24"-26" waist), red and white, 2 sets, £4 per set. Also red and white boxing coat, £3. Tel: 01638 604424

BOXING gloves, BBE junior blue and white, 2 pairs, tear on thumb of one glove, £4 and £3. Tel: 01638 604424

BRAIN Busters, tin box of numerous wooden teaser, never used £3. Tel: 01638 604424

CABINET/SIDEBOARD with 3 frosted glass doors with 2 shelves behind each door, silver/grey frame, nice condition, £40. Tel: 01638 604424

CASHMERE, lambswool and merino jumpers and cardigans, all lovely clean condition, size 10 to 14, £5 each. Tel: 01638 604424

CHILDRENS 1st steps to reading, 26 books and word cards, excellent condition, £15. Tel: 01638 721744.

COOKWORKS electric food slicer, £20.Tel: 01638 610575

Articles for Sale

CLOTHES ladies, good clean condition, some never worn or little worn, sizes 8 to 14, 50p per item. Also shoes sizes 3 to 5, £1 per pair and numerous bags £1 each. Tel: 01638 604424

CLOTHES boys aged 7 to 12, T-Shirts, sweatshirts, shorts, shirts and jeans etc, lovely clean condition, 25 items for £10 or individually at 50p each. Tel: 01638 604424

COATS and jackets, ladies, gents and kids, all lovely condition, some new, from £2 each. Tel: 01638 604424

CROSS trainer, £20, Breville bread maker, £8. Tel: 01638 601075

CUSHIONS 3 very different shapes and patterns in purple/mauve/lilac, new, £8 the lot. Tel: 01638 604424

CUSHIONS large quantity, all shapes, sizes and designs, all clean condition, £1 each. Tel: 01638 604424

CYCLE mountain bike, suit boy/girl, front suspension, new seat, good condition, £30. Tel: 01638 780385.

DR MARTEN black leather boots size 9 with steel caps, only worn once, £30. Tel: 01638 604424

DUVET cover sets, single, mostly pairs, hardly used, freshly laundered, many different designs, £2 per set. Also a few double sets £3. Tel: 01638 604424

ELECTRIC blanket by Pifco, dark brown soft velour, brand new, £8. Tel: 01638 604424

ELVIS Presley 45rpm single vinyls, numerous titles, all good condition, £1 each. Elvis LP's from £2 each. Rare Elvis 78rpm vinyl with torn cover £10. Other singles/albums from 50p. Tel: 01638 604424

FLY press no.2, very good condition, £150. Tel: 01763 241940

GILES cartoon books, No 35 and No 38, good condition, £1 each. Tel: 01638 721744.

GAMES Golden Balls electronic game, £3; The Simpsons Game of Life, £3; Operations (age 6 plus) £2, all good condition. Tel: 01638 604424

GCSE revision books, physics, chemistry and biology, CGP Year 10 and 11 exams, unused, bought by mistake, £10 for the lot. Tel: 01638 604424 Newmarket.

JOULES jeans, size 10, 1 light blue new without tags, 1 dark blue new with tags, £5 per pair or £8 the two; Joules pink/grey zip up, size 10, barely worn £4; Joules navy/white spotted stretchy top size 16, barely worn £3. Tel: 01638 604424

LADIES Raleigh detour trekking bicycle, shimano 21 gears, rear pannier, grey, excellent condition, £95 ovno. Tel: 01223 812208.

LADIES trousers,3 pairs, size 12, 25" leg, brand new, £2 each. 01638 721744.

LINDAM flexible nursery gate, £7. Tel: 07917 754076.

MICROSCOPE set by Edu Science with accessories in carry case, suitable for 3 years plus, hardly used, £5. Tel: 01638 604424

MODEL aircrafts, metal and plastic, various sizes and types from 50p each. Tel: 01638 604424

NIXON "The Scout" watch model A590, black strap, white face, black dials, hardly worn, perfect condition, needs battery, in original box, £15. Tel: 01638 604424

OPTIC stand, complete with 4 optics, chrome rotating, £15. Tel: 01638 664373.

PARTY dresses, skirts and tops, size 8 to 14, some new or hardly worn, from £2 each. Tel: 01638 604424

PICTURE mounts, 16 in total, 12 18"x23", others slightly smaller, browns, beiges, creams etc, brand new, £20 the lot. Tel: 01638 604424

PRIORI maxi childs safety car seat, age 1-4 years, £25 ovno. Tel: 07917 754076.

RAYLEIGH boys mountain bike, suit 5 - 7 years, 5 gears, dark blue, just serviced, good condition, £30. Tel: 01638 780385.

VANITY unit, £40.Tel: 01638 507746

TABLE with six chairs (2 carvers), 60 x 40 inches, oak type finish, very good onditon with extension leaf, £100 ono. Tel: 01638 743219

TY BEANIES all sizes, most with labels, some with plastic label covers, all good condition, from 50p to £1.50. Tel: 01638 604424

TEDDY bears, set of 2 cute bears, one large, one small wearing purple jumpers with Golden Jubilee embroidered on them, good condition, £10. Tel: 01638 604424

TV unit, oak effect, glass front double doors, about 4' -3'6", vgc, £40.Tel: 01638 507746

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7 PETS & LIVESTOCK

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12 PROPERTY

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13 PUBLIC NOTICES

Public Notices

INSOLVENCY ACT 1986
IN BANKRUPTCY
CAMBRIDGE COUNTY COURT
NO. 95 OF 2006 **RE: MICHELLE PAULINE CORNWELL**

Taxi Driver of Orchard Farm, School Lane, Chittering, Cambridgeshire CB5 9PW lately residing at 18 The Parks, Creek Road, March, Cambridgeshire PE15 8RR and lately carrying on business as CAMBRIDGE CHAUFFEURS, 18 The Parks, Creek Road, March, Cambridgeshire PE15 8RR.

D.O.B.:13 May 1978

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Mrs L Thomas, Official Receiver and trustee

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BLONDE lady, 50, attractive, size 20, seeking, honest, funny man for companionship. **Tel No: 0906 500 3778 Box No: 400061**

NEW to area, Michelle 27yrs very attractive with sporty figure and many interests looking for male to show me around for friendship hopefully ltr. **Tel No: 0906 500 3778 Box No: 399727**

ALEX separated businesswoman with GSOH and solvent/good lifestyle looking for long term romance, lets meet and find out more about each other. **Tel No: 0906 500 3778 Box No: 399713**

LOUISE early 40's, seeks male, 45-5- for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 398955**

CAREN 24yr old single mum looking for her mature Mr Right for mutual spoiling, love and respectful adult times. 35-45yrs. **Tel No: 0906 500 3778 Box No: 398811**

TESS 38yr old attractive blonde, N/S, intelligent, seeks honest, romantic, N/S professional v.discreet male in a similar position of neglect as me. **Tel No: 0906 500 3778 Box No: 398809**

71YR old female, seeking caring gent, 71-75 for drinks, meals out and friendship. **Tel No: 0906 500 3778 Box No: 399021**

JEANETTE 28yr old shopaholic looking for some extra circular activities with mature man who knows how to treat a diva, my place or yours? **Tel No: 0906 500 3778 Box No: 399191**

ELLA slim confident brunette, tired of spending lonely nights alone, seeking honest, romantic male to enjoy nights out, hopefully leading to more. **Tel No: 0906 500 3778 Box No: 398943**

PRETTY female, dark blue eyes, fair hair, 5ft 7ins, curvy, seeks male. **Tel No: 0906 500 3778 Box No: 399453**

DEE 44, seeks male, 45-50 for friendship. **Tel No: 0906 500 3778 Box No: 399555**

YOUNG at heart lady, 68, GSOH, likes dining out, dancing, weekends away, seeks male of similar age, must be genuine. **Tel No: 0906 500 3778 Box No: 398855**

PRETTY female, dark blue eyes, fair hair, 5ft 7ins, curvy, seeks male. **Tel No: 0906 500 3778 Box No: 399453**

SIENNA blonde female 35, slim, petite and pretty, N/S, OHAC, employed, looking for relationship with reliable underappreciated man. **Tel No: 0906 500 3778 Box No: 399625**

MONICA 38yr old bubbly likeable non-judgemental female looking for someone similar who is sincere to fall in love with. Any age/race/looks. **Tel No: 0906 500 3778 Box No: 399529**

ACTIVE independent female, widow, 75, N/S, house owner, seeks gent of similar age to share lunches, outings and friendship. Must be car owner. **Tel No: 0906 500 3778 Box No: 399703**

PROFESSIONAL retired lady, 5ft 7ins, blue eyes, smart, likes meals out, music, holidays, seeks genuine, caring, loving gent, 60-70, N/S for friendship/relationship. **Tel No: 0906 500 3778 Box No: 398771**

TALL dark, slim female, caring, honest, seeking male for LTR. **Tel No: 0906 500 3778 Box No: 393592**

50YR old female, seeks male, 45-60 to partner me in Latin/ballroom dancing, maybe more. **Tel No: 0906 500 3778 Box No: 396627**

ATTRACTIVE slim lady, 57, no ties, nice quiet persona, seeks gent for interesting conversation, laughter and romantic happy future. **Tel No: 0906 500 3778 Box No: 391669**

WHERE have all the eligible bachelors gone? Slim attractive blue eyed blonde, many interests and looking some TLC. ACA. **Tel No: 0906 500 3778 Box No: 397019**

MAXINE blonde green eyed slim single mum longing for some adult companionship with reliable mature male. **Tel No: 0906 500 3778 Box No: 397011**

OUTDOORS lady, 50, Christian, N/S, slim, fit, seeks farmer for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 252102**

HELEN 55, widow, kind, caring, GSOH, likes cinema, music, concerts, sports, seeks male. **Tel No: 0906 500 3778 Box No: 387587**

KAREN 49, seeks gent for friendship and outings, theatre, meals out, seaside. **Tel No: 0906 500 3778 Box No: 395257**

JENNY 59, divorced, N/S, driver, likes most things, seeks male for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 398407**

OLIVIA classy 30's lady looking for mature male with a good imagination and open-minded approach to relationships. **Tel No: 0906 500 3778 Box No: 398513**

BABS young 40's female desperately seeking decent man to help mend my broken heart, repair my bruised ego, and rebuild my self-esteem. Pls call. **Tel No: 0906 500 3778 Box No: 398487**

ATTRACTIVE female, 44, 5ft 3ins, likes pets, cooking, music, walks, seeks kind, caring, genuine male, 40's for lasting relationship. **Tel No: 0906 500 3778 Box No: 398411**

CORBY female young 55, brown hair, green eyes, likes animals, home maker, seeks quiet country life with handsome, solvent male/farmer. **Tel No: 0906 500 3778 Box No: 394577**

KAY blonde hair, blue eyes, 5ft 4ins, medium build, 60's, likes socialising, swimming, meals out, seeks tall male, 60-70 for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 397329**

MARY Anne, attractive, blonde, blue/green eyes, tactile romantic, cultured, seeks similar male, 55-65 with GSOH. **Tel No: 0906 500 3778 Box No: 398703**

MARIA young 50, widow, 5ft 7ins, medium build, shoulder length blonde hair, brown eyes, likes pubs, clubs, meals out, cinema, swimming, dvds, dog walks, seeks male for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 397793**

MARY Anne, attractive, blonde, blue/green eyes, tactile romantic, cultured, seeks similar male, 55-65 with GSOH. **Tel No: 0906 500 3778 Box No: 398703**

FEMALE likes sports, holidays, countryside, music, dancing, seeking male, 60 plus for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 391607**

59YR old divorced female, seeking N/S male to share life with. **Tel No: 0906 500 3778 Box No: 395977**

ANGELA romantic, honest, caring, reliable, 60's, attractive, cuddly, seeking reliable, trustworthy male for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 395147**

CARING genuine lonely widow, many interests, seeks genuine gent for friendship, 60-70. **Tel No: 0906 500 3778 Box No: 395285**

PETITE dark, slim lady, N/S, enjoys life, likes seaside, car boots, holidays, seeks nice natured male, 50-65. **Tel No: 0906 500 3778 Box No: 390401**

WIDOW 5ft 7ins, blue eyes, well dressed, genuine, caring, lovable, bubbly, seeks genuine, kind, honest male, 60-70, N/S for friendship/relationship. **Tel No: 0906 500 3778 Box No: 398395**

MEN SEEKING

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PROFESSIONAL male, 37, seeks discreet playmate for daytime fun and frolics. Age/status/looks unimportant. **Tel No: 0906 500 3778 Box No: 399857**

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ATTRACTIVE romantic, faithful 38yr old guy seeks caring, fun female for Xmas and lasting relationship, to be my princess. **Tel No: 0906 500 3778 Box No: 399291**

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EXTREMELY handsome, but humble West Suffolk male, 62, seeks fun female for frolics and friendship. **Tel No: 0906 500 3778 Box No: 399527**

IDEAL Xmas present. Genuine male, young 54, divorced, kind, caring, loyal, honest, seeks similar female for LTR, maybe more. **Tel No: 0906 500 3778 Box No: 399503**

DIVORCED guy 38, tall, brown hair, looking for friendship and fun with lady, 18-60. **Tel No: 0906 500 3778 Box No: 393646**

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Round-up:

Badminton

College cruise to county final

NEWMARKET College dominated the Forest Heath School Sports Partnership round of the Center Parcs National Schools Championship.

Competing against schools from Mildenhall and Haverhill, the under-14 girls and boys' teams were in sensational form and cruised to victory to ensure they will appear at the county final in January.

The under-16 age group was a much closer affair. Newmarket College's girls' A team were ultimately victorious but faced a tough test against their own B team, a match they eventually won 4-1.

They will be joined in the county final by Castle Manor boys' team.

The Haverhill squad were taken to the wire by Newmarket College's A team though. Going into the final group match, each team was unbeaten and they were still inseparable after the first four rubbers, with the score at 2-2.

It all came down to the last game of the match, a doubles contest, in which Castle Manor were victorious by the narrowest of margins,11-10.

Youth rugby

Newmarket can't build on pressure

Newmarket 0
Ipswich YM 22
UNDER-13

A STRONG visiting Ipswich squad gave an excellent display of fringe forward play to win a hard-fought game.

Newmarket knew they were up against it after Ipswich scored a converted try in the first two minutes, but they worked hard to get back in the game and were camped in their opponents' 22 for almost 15 minutes without success.

The closest they came to getting on the scoreboard was when they were awarded a penalty, but opted for a forwards' move and were held up short of the line instead of going for the three points.

Ipswich scored again in the 25th, 34th and 47th minutes without converting, and although Newmarket worked hard to the end – blindside flanker Joe May was prominent – they could not get back into the game.

Motorsport

Huff adds some more silverware

ROB Huff and Chevrolet have received their honours for winning this year's 2012 World Touring Car Championship.

The Newmarket driver was in Istanbul as the FIA honoured all its champions, from karting to Formula One.

It caps an award-laden couple of weeks for the world champion. As well as receiving the BRDC Gold Star, he was also given an award for special achievement at the BBC's Sports Personality of the Year East Region Awards.

Swimming

Safi beats the clock to star in noisy Arena

TWELVE personal bests, five county times and four improved county times helped Newmarket to a very creditable third place in the third and final round of the National Arena League.

Swimming in their home pool with noisy support, Newmarket were beaten by Gainsborough Dolphins and Beccles, but were comfortably clear of Dereham Otters, Thetford and Lincoln Vulcans.

Individually, Safi Axon-Coates recorded two county times (50m freestyle and breaststroke) and improved her 50m backstroke; Thomas Allison improved his 50m butterfly; Harry Saunders bettered his breaststroke time and Beth Sampher went sub-1min 20sec for her 100m butterfly.

Alyx Hatton got his 100m freestyle time and Holly Sampher improved her 50m freestyle while Ciera Gill Ryan got her 50m breaststroke county time from the first leg of the medley relay.

Result: 1 Gainsborough Dolphins 205 pts, 2 Beccles 199, 3 Newmarket 183, 4 Dereham Otters 168, 5 Thetford 156, 6 Lincoln Vulcans 131.

■ Holly Sampher rose to the occasion and clocked a personal best time when she turned out for Suffolk in the Three Counties Gala at Dereham. She and clubmate Henry Newell helped Suffolk to first place with 423 points, 100 more than runners-up Cambridgeshire with Norfolk third.

Sampher's crowning glory came in the girls' 10 and under 50m freestyle where she finished in her fastest time of 33.44 sec.

She also swam in the girls' 10 and under 4x50 freestyle and medley relays while Newell competed in the boys' 10 and under 4x50 freestyle and medley relays.

■ More than 40 swimmers – the highest number from Newmarket to compete at an open – represented the club at the second Sprint Open meet which attracted 190 swimmers from 11 clubs – an increase on last year.

With many swimmers competing for the first time, more than 90 personal bests – as well as a handful of county qualification times – with Stuart Root taking pride of place with his best 100m freestyle completed in 1min 7.84sec.

The top visiting club trophy, sponsored by The Rosery Hotel in Exning, was won by Bishop's Stortford, who also won the top boy (Martin Brett) and top girl (Zara Pretious White) titles.

■ The Newmarket Novice Gala produced a neck-and-neck battle throughout the 48-event competition, with the host club finishing second, seven points behind winners Ely and two ahead of Sudbury.

Newmarket swimmers gained 23 PB's and three new county times, as well as one improved time for Harry Saunders

County times came from Alex Swarbrick (50m breaststroke), Saunders (50m backstroke) and Nezz (50m butterfly).

PB's were recorded by Harry Ansell, Alexandra Rice, J-P Gilbey, David Dow and Lauren Watt (one each) and Stuart Root, Ignacio Laghero, Alyx Hatton, Tim Gilbey, Belinda Dow, Alex Swarbrick, Harry Saunders, Charlotte Young Charlotte Ansell (two each).

Result: 1 Ely 93pts, 2 Newmarket 86, 3 Sudbury 84.

■ Peter Winter collected six gold medals at the East Region Winter Championships in Cambridge.

He won the 100m and 50m breaststroke, 100m and 50m freestyle and 100m and 50m backstroke, concluding a year where he had hopes of competing at the Paralympics and also moved up the national rankings.

Racing

Dunlop turns up heat to help Red's recovery

ED Dunlop will see how Red Cadeaux copes with the British winter before deciding whether to prepare his globetrotter for another potentially lucrative trip.

The Newmarket trainer is considering the Dubai Sheema Classic at Meydan for the six-year-old gelding after he registered his first Group One success in the Hong Kong Vase at Sha Tin on Sunday

However, Red Cadeaux has been used to the warmer climes of the southern hemisphere for the last nine weeks, with visits to Australia, Japan and Hong Kong.

Dunlop fears the cold British weather will be a shock to Red Cadeaux's system when he returns home tomorrow.

"I'm a little concerned having been in the southern hemisphere for so long and he comes back to this weather we have here," Dunlop said.

"It will be a bit of a culture shock for him when he returns to us on Thursday.

"We will see how he copes with it. We've got a stable with heat lamps, which we will use.

"He will be entered in the Sheema Classic and possibly the staying race, but the Sheema Classic now looks the more likely.

"If he is okay we will consider it, if we're not happy we will wait and start with a European campaign and then do it all again.

"We discussed before he ran on Sunday that next year would be his last year. It probably will, but it's quite hard to be saying that when at the age of six (and on) his last start of the year, he wins a Group One for the first time.

"The horse keeps improving, he enjoys his racing and keeps being competitive.

"I'm sure Ronnie (Arculli, owner) and I will discuss whether we keep him for some time yet."

Reflecting on the victory in Hong Kong – Red Cadeaux beat Jaguar Mail in a tight finish under Gerald Mosse – Dunlop said: "At the 200m mark I thought we were going to get beaten by Jaguar Mail, but Gerald gave him a great ride. The horse battled very hard today.

"We've been lucky to have great owners and great horses to come here. To win three races – Ouija Board (Vase 2005), Snow Fairy (Cup 2010) and now Red Cadeaux – I'm pinching myself to think he's now won a Group One over a mile and half. He's come through the handicap system and he gets better and better – he's a really tough horse."

James Fanshawe's Dandino was seventh and William Haggas' Dancing Rain, prominent early, was eighth

Carlton House signed off his career with Sir Michael Stoute with sixth behind California Memory in the Longines Hong Kong Cup. The four-year-old will now join Gai Waterhouse's team in Australia.

MOSSE ON A ROLL: Gerald Mosse celebrates after piloting Red Cadeaux to victory PA

Round-up:

Hockey

Newmarket 1 St Ives II 0
CAMBS WOMEN'S LEAGUE.
PREMIER DIVISION

NEWMARKET will head into the new year as league leaders after piercing the defence of the strong St Ives side.

They top the division with just one cup game left before the Christmas break, but were indebted to their defence for holding out in a tense final five minutes.

Town, however, made a superb start to the game, peppering the Saints goal with shots from Claire McDonnell, Louise Downs, Di Thomas and Beth Wombwell which were dealt with by the Saints' keeper.

Just as the visitors were finding their feet, Newmarket scored the only goal after a move which originated when Jazz Wombwell took control after a St Ives player lost possession mid-pitch.

Claire McDonnell took over, beating two players before slipping a pass to Hayley Stoneman, who manoeuvred around the defence and clipped an accuate shot past the keeper and a covering defender.

However, Town were unable to extend their lead, despite almost camping in the St Ives defensive zone.

And they lived on their nerves in the last five minutes when keeper Sue Bullimore, Nikki Boyle and Isabel Hooley kept Town in front.

Newmarket 3 Cambridge City IV 1
CAMBS WOMEN'S LEAGUE.
DIVISION ONE

AFTER clouting Cambridge City 6-0 in the opening game of the season, Newmarket did all the damage in the first half of Saturday's game.

Verity MacMahon opened the scoring, rounding off some good passing in the midfield from Zoe Bailey, Loren Davenport and Rebecca Swift. but City were swiftly on level terms. However, Cassie Aymes lashed home a contender for their goal of the season and Tracy Cockerill concluded the scoring before the break.

St Neots 1 Newmarket 6
EAST MEN'S LEAGUE.
DIVISION 3NW

NEWMARKET keeper Chris Routs only touched the ball once – although that was to remove it from his net – as Town laid siege to home team's goal.

Determined to keep the gap to leaders Wisbech down to a point, the visitors took just five minutes to open their account from a penalty corner routine. Although Josh Dawson's delection was saved, Mark Pears blocked the clearance and Dawson rifled in the loose ball.

Dawson doubled the advantage soon after, deflecting Ollie Wade's pass from a penalty corner into the net.

However, Town were caught on the break and for the third time this season the oposition scored a simple goal.

But instead of derailing their attacking instincts, the visitors turned the screw, Pears scoring and Will Wilson cracking the goal of the game, beating two players at the top of the D before firing into the bottom right corner.

The third and fourth goals originated from penalty corners but the final goal of the half came from man of the match Chris Leggett, who collected a clearance at the top of the D and thumped a shot into the bottom left-hand corner.

Despite a 5-1 lead, coach Nic Thorpe was less than impressed with the lack of structure and discipline against weak opponents and although Town tightened up after the break, they only added one more goal – Pears tapping in his third goal in two weeks.

It's a 100 per cent return for Town sides

A five-star day for Town

Newmarket II 4 Grantham 0
EAST MEN'S LEAGUE.
DIVISION 5NW

THE return of Mark Prentice from the Antipodes and Ben Shepperson from university gave Town seconds the chance to field a full-strength side – and it showed.

They were able to polish off potentially-difficult opponents with some style, pressing home their advantage from the start.

Prolific scorer Will Hosegood struck both first-half goals as midfield duo Adam Gallop and Ben Gottfredson dominated, ably supported by wingers Sam Imrie and Will Balding.

Grantham did have their moments however, but whenever they looked like breaking away, the defence of Mark Prentice, Darren Jenkins, Adrian Atkinson and Pete Boyle snuffed out the danger without fuss, although one lapse did let in a Grantham striker one-on-one with young keeper Jon-Luke Peagram, who came out on top.

Shepperson eventually got some return for his labours, firing both second half goals to seal a deserved win.

■ To complete their 100 per cent Saturday, Newmarket women's third team cruised to a 4-0 win at Ely City III in the Cambs Women's League Division Two Cup.

Speedway

Tigers search to complete line-up

FIVE of Mildenhall's all-conquering septet will be back at West Row next year to defend the club's five titles in a National League boosted by two new clubs.

British under-19 champion Stefan Nielsen, Joe Jacobs and Daniel Halsey are the team's heat-leader trio and are joined again by Josh Bates and Nathan Stoneman.

Aaron Baseby, a club asset who was loaned to Isle of Wight, is the sixth signing.

The Fen Tigers management have 3.8 points remaining for the last team spot and are to scour the winter training schools to discover a newcomer.

"Stefan and Joe will spearhead the team and I'm sure they'll be battling it out to be No 1," said Tigers' co-promoter Michael Lee. "I'm confident Joe can carry on the form he finished the season with."

Stoneman broke his leg in June, but Lee is confident the 15-year-old will be fit for the new campaign.

"We're looking at starting the season mid-to-late April and Nathan should be fit for then," said Lee. "We'll keep an eye on his fitness but he'll back by mid-May at worst.

"I feel this is a team that can improve, which is what makes a successful team. We've got a side we're very happy with and now we'll sit back over the new year and look out for new faces."

Cameron Heeps and Lewis Blackbird, who won the National League Pairs, are the two major omissions.

SUPER SIDE: Fen Tigers will be missing only Lewis Blackbird (centre, back row) and Cameron Heeps (missing from picture) for next year's line-up

Heeps joins Ipswich full-time and captain Blackbird has switched to arch-rivals Dudley – the side he helped Mildenhall beat to the league and Knockout Cup titles – as well as doubling up with Leicester.

Lee said: "Lewis done a great job as captain but we couldn't match what he was offered.

"When he came in he was a nobody but his progress has been rapid. Leicester will be running some Sundays, so it was an impossible task for us."

Coventry and Kent have joined the division, with early-season challenge fixtures with the latter expected.

Lee believes concerns will be aired at the league's annual meeting early next month over high pay rates being offered by certain teams to entice riders.

Athletics

Holley takes champ crown

IT WAS awards all the way for Newmarket Joggers last week – on the day they were named Forest Heath Club of the Year they presented their own awards at their Christmas party.

They started with the winners of the inaugural 5k Winter Handicap, the monthly competition staged between October and April over the same course. David Cheese won the men's title after improving his times from 21min 35sec in October 2011 to a personal best 20.46 in April, while Gina Browse took the women's title after completing her first 5k in in 32.13 and her final one in 27min.

Denys Olefir, who joined the club last year, was the male New Member of the Year after rising from beginner to elite level.

Winner of the Male New Member of the Year went to Denys Olefir who joined the club last year and made a rapid rise from beginner to club elite level, posting personal bests at every level – topped by a marathon PB of 2hr 47min and victories in the Great Abingdon 10k and the Ely 5k Festive Fun Run. Michelle Barnes won the women's equivalent with her year topped by a PB in the St Neots half-marathon.

The husband-and-wife team of Belinda Schofield and Clive Purbrook landed the awards in the incredibly-successful veterans' section, Schofield finishing third overall in her age group in the Suffolk XC League for 2011-2012, finishing first female Vet 55 in the Thurlow 10 mile and posting a PB in the Southwold 10k while Purbrook, who seems to run every week for the club, posted a season's best in the Bristol Half-Marathon.

Female Improver of the Year was Joanna Cole, who regularly posts sub-19min 5k times and smashed her half-marathon PB twice in 2012 to gain a championship place in next year's London Marathon. She clocked another PB in the St Neots Half-Marathon.

Male improver was Martin Gear, who clocked his first sub-three hour marathon in Brighton, finished the Great North Run in a personal best and then dipped under 17min for a 5k.

Jonathan Clarke, who ensures the Newmarket 10k is run efficiently, was the male team member of the year. As well as that, this year he has lowered his own 5k time to 19min, twice improved his half-marathon time – and joined the committee.

Lisa Redman won the women's equivalent. The captain of the women's team — who races over trail and road – improved her 5k time and also ran a PB in the Peterborough Half-Marathon.

Paul Holley was the winner of the men's Joggers Grand Prix, which includes cross-country and 5k league races. He finished on 775 points after a series-long battle against fellow 'Silver Fox' Greg Davis and young guns Olifir and Martyn Taylor. Wild card Ursula Ransom topped the women's list with 572 points – she was also third overall – after another hard-fought competition where both Redman and Marjie Davis took turns at the top of the table.

Club member of the year was club secretary and welfare officer Sue Stoten, who works relentlessly hard for the club and has marshalled or helped out at every club event during the year as well as running for the club in the cross-country and 5k leagues.

There were several worthy contenders for the Champion Performer of the Year crown, but the gong went to Holley after a year in which he posted a personal best in the London Marathon – 2:39.35, the fastest by a club member this year – and also landed victories in a marathon and a 10k.

■ Out on the road, Ben Blowes ran his second sub-3hr marathon of the year when he clocked 2:55 in Lisbon on Sunday.

And, over half that distance, Olefir led in the Joggers' contingent at the Bedford Half-Marathon, crossing the line in 1:20. Mike Sales was next in a personal best 1:48 followed by Marcus Gynn, 1:52.

Sport

www.cambridge-news.co.uk/sport

A Red-letter day for Ed!

page 46

Dunlop lands Hong Kong Vase again but hangs fire on targets for Red Cadeaux

SOMETHING TO SHOUT ABOUT: The Newmarket party soak up the atmosphere on the pitch at Welford Road CP

Newmarket look forward to bowl date

NEWMARKET under-10s played at Welford Road, home of the nine-time English champions Leicester Tigers, on Sunday.

They and Wisbech under-10s came through the county festival to win a place in the Super 16 rounds of the Prima Tiger Cup at Welford Road, which was played as a curtain-raiser to Leicester's Heineken Cup victory over Benetton Treviso.

Although both were knocked out of the running for the Prima Tiger Cup, they will compete for the Prima Bowl at Welford Road on January 26th before the LV Cup fixture against London Wasps.

Bruce Skingley, head coach for Newmarket under-10s, said: "Today has been excellent, I have been a season ticket holder for over 10 years and my son has been coming for five.

"The boys have absolutely loved their day here – it's been fantastic. The coaches here have all been excellent too.

"We've known about the cup since the team were in under-sevens, so we've been looking forward to it since then. We played the festival at Swaffam and won through to the Super 16s here at Welford Road and now we have the competition for the bowl to look forward to."

All the teams from the Super 16 stage stayed to watch Tigers beat Benetton Treviso 33-25.

The players also enjoyed a half-time parade in front of a 18,500-strong Welford Road crowd and had team photos taken with Tigers' player Miles Benjamin.

› Athletics

Club award for happy Joggers

NEWMARKET Joggers have been named the Forest Heath Club of the Year.

The accolade comes at the end of a year when the club reached 130 members for the first time and recorded eight separate sub-three hour marathon times to make them the best in the county over the marathon distance.

Added to that, Joggers racked up race wins over various distances down to 5k, collecting personal bests along the way.

Club spokesman Carolynn Anderson: "The committee works relentlessly hard throughout the year organising club races, attending courses and meeting monthly and it is with their hard work and determination that has seen the club reach new heights and continue to develop.

"It's wonderful to see our achievements and hard work recognised."

■ Joggers' awards – page 47

› Football

Jockeys in clear

Downham Tn 0
Newmarket Tn 3

FIRST DIVISION

KEVIN Grainger saw Newmarket extend their lead at the top of the table to four points with a performance which he described as "gritty".

With Cambridge University Press' match against Saffron Walden postponed, the Jockeys were able to seize the initiative.

After 30 minutes, Luke Butcher passed to Paul Betson whose cross was then headed in by Butcher.

Substitute Steve Bell scored with an effort off the post on 65 minutes and Tony Brown completed the scoring with a header on 80 minutes. "It was a gritty performance but certainly not one of our best," said Newmarket manager Grainger. "We never really got going.

"We're pleased with the three points but we will have to improve in future games if we're to stay top of the league."

Newmarket do not have a game scheduled until a week on Saturday when they travel to Halstead.

Kirkley & Pakefield 0
Mildenhall Tn 3

PREMIER DIVISION

MILDENHALL made a barnstorming start to take home all the points. With five minutes gone, Chris Thomas' cross-cum-shot found the back of the net and the lead was doubled by Dave Cooper's deflected volley from a half-cleared corner.

The third goal came on 20 minutes as James Paterson put Andrew Wood through and he lifted his effort over the Kirkley & Pakefield keeper.

Mildenhall boss Christian Appleford said: "We were 3-0 up in 20 minutes and it was pretty much game over from there really.

"We did the damage early on and it was a good game of football from two young, attacking sides.

"At half time we had everything to lose and it was only for us to throw the points away, but we defended very well."

Mildenhall are at home to Walsham le Willows on Saturday.

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